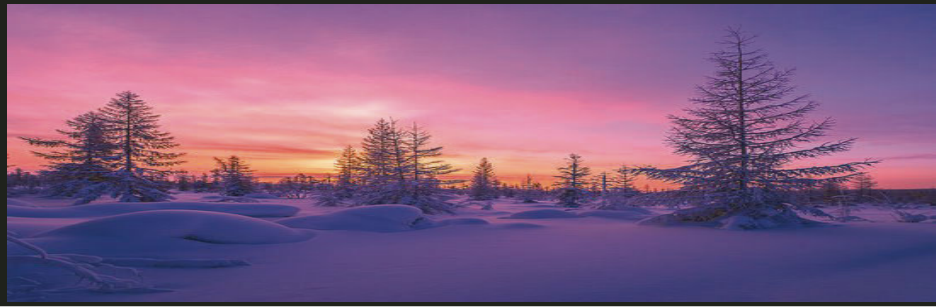


Robert Rock Senior Center



610 Waterman Avenue
East Providence, RI 02914
401-435-7800
Fax: 401-563-7024
www.eastprovidenceri.gov



Follow us on Facebook!

February 2024

Senior Center Services

Elder Resource Specialist
Amanda LaPlante

Monday-Friday 401-270-1788

Community Health Worker
Gilbert Williams-Hackney

Monday-Friday 401-443-4312

Healthy Aging Nurse Coordinator

Shahnee Lagor, BSN, RN-BC

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

Eastside Clinical Laboratory Transportation

Call 401-435-7800 to register for transportation.

Notary Public

Pat Thomas, Receptionist

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

Senior Shopping

Thursday & Friday Mornings: Call 401-435-7800

The Senior Center will pick you up at your home and take you to Stop & Shop, Walmart or Shaw's in East Providence.

Open to Seniors living in East Providence.

SHIP Counseling

By Appointment Only- Call 401-435-7876 x1137



Staff

Laura Jones

Director

ljones@eastprovidenceri.gov

Shahnee Lagor

Healthy Aging Nurse Coordinator
slagor@eastprovidenceri.gov

Amanda LaPlante

Elder Resource Specialist
alaplante@eastprovidenceri.gov

Gilbert Williams-Hackney

Community Health Worker
gwhackney@eastprovidenceri.gov

Cindy DeMedeiros

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

Pat Thomas & Rhonda Marzetta

Member Services Representatives
pthomas@eastprovidenceri.gov
rmarzetta@eastprovidenceri.gov

Facilities:

Kenny Atkinson
Napoleon DeBarros

Transportation:

Joe Serodio
Christopher Januario
Dennis Price
Tom Taylor
Richard Wood

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 persons with disabilities in the East Providence area.

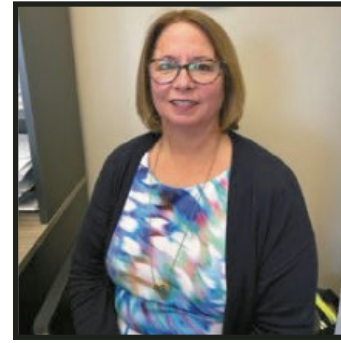


Message from the Mayor:

I hope everyone has been enjoying the start to the New Year. We are now approaching the time of year when the weather can be unpredictable. A way to stay connected to all weather and emergency announcements is by registering for CodeRED Emergency Alerts. All you have to do is text “EProv” to 99411 to enroll in the City of East Providence’s emergency alert system. It is important to keep updated with new announcements and alerts happening around the city. CodeRED will send a phone call and text message directly to your smartphone. If you need assistance enrolling for the CodeRED alerts, visit the Senior Center and the staff members will be able to help you keep up-to-date with announcements and emergency alerts. Hope you have a lovely month of February!

Sincerely,

Mayor Bob DaSilva



Letter from the Director:

February is the month of love! February is not only about Valentine’s Day and sweethearts; instead, it can be a month for self-love and self-care. Self-care is essential to our overall health and quality of life. I hope you all will take the time to reflect on how you provide self-care for yourself. Whether it is sitting down relaxing, reading a book, going out with a friend, or even just sitting outside enjoying the fresh air, we all need to care for ourselves. We have a lot of exciting new events planned for February. We are very excited to bring Backgammon to the Senior Center! This is a popular game that was suggested we bring to the Senior Center. We are also looking for Senior volunteers for an intergenerational school vacation reading/literacy program. This entails reading to school age children. Turn to page 6 for more details on this volunteer opportunity. Please reach out to me if you have any questions or would like to volunteer. I hope your month is filled with joy and love!

Best,

Laura Jones
Director of Senior Services

Robert Rock East Providence Senior Center
-Advisory Group-

Judy Phillips	Jan Kinder	Jim Phillips
Ann Fagundes	Ken Goucher	Elaine Robinson
Donald Senna	Dick Wood	Christine Singleton

DAYS TO REMEMBER IN FEBRUARY:

Wednesday, Feb. 14: Valentine's Day
 Monday, Feb. 19: President's Day- **CLOSED**

FEBRUARY IS BLACK HISTORY MONTH!



BINGO INFORMATION EVERY TUESDAY

\$6.00 per card



Doors Open at 1:00PM.
 Games start at 1:30PM
 Dabbers: \$2.00 each

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.

SHOPPING TRIPS SCHEDULE FEBRUARY 2023:

- Feb. 1: Stop & Shop
- Feb. 2: Shaw's
- Feb. 8: Stop & Shop
- Feb. 9: Shaw's
- Feb. 15: Stop & Shop
- Feb. 16: Shaw's
- Feb. 22: Stop & Shop
- Feb. 23: Shaw's
- Feb. 29: WALMART
- March 1: WALMART

To add your name to our shopping list, please call:
401-435-7800.

*Reservations for grocery shopping **MUST** be made 24 hours in advance!*



Are you interested in learning how to play Mah Jongg?

Tuesdays beginning February 7.



Mah Jongg training class will be offered at the Senior Center on Tuesday afternoons beginning in February.

Late bus transportation will be offered.

NEW TO THE SENIOR CENTER! BACKGAMMON

Players move their checkers around the board according to rolls of the dice and the first player to get all their checkers off is the winner. The fun comes from hitting and blocking your opponent's checkers to impede their progress.

This is a game of odds, calculation, patterns, and vision.

Whether you are a seasoned Backgammon player or would like to learn how to play, please join us!

**MONDAY, FEB. 5TH
 10:30AM-11:30AM**

Registration is required.



**CREATIVE CONNECTIONS IS BACK!
 THURSDAY, FEB. 15
 10:30AM**

Brown University students will be showing participants how to make pressed floral lanterns.

*Registration is required.
 Space is limited!
 Sign up sheet is located by the front desk.*



WOULD YOU LIKE TO PARTICIPATE IN A CO-ED BILLIARDS LEAGUE?

If you are interested in learning how to play billiards, please call: 401-435-7800 to inquire today!



We will be showing:
THE PROPOSAL

In the Dining Room on:
FEBRUARY 26, 2023 1:00PM

Popcorn will be served.



COLD AND FLU SEASON IS AMONG US.. KNOW THE DIFFERENCE!

Colds, flu, and viral infections share many symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. Take a look at the chart below to compare symptoms. If you are experiencing any of these symptoms, it is best to contact a medical professional to be properly diagnosed and treated.

SYMPTOMS	COLD	FLU	CORONAVIRUS (COVID-19)	RSV
HOW IT STARTS	Starts a little at a time	Starts quickly all at once	May appear 2-14 days after exposure	3-8 days after exposure
HEADACHE	Rare	Common	Sometimes	Common in adults
FEVER	Rare	Common, lasts 3-4 days	Common	Common
BODY ACHES & PAINS	Sometimes	Common, often severe	Common	Rare
CHILLS	Rare	Common	Common	Common
TIREDFNESS/WEAKNESS	Sometimes	Common, can last 2-3 weeks	Common	Common
RUNNY/STUFFY NOSE	Common	Sometimes	Sometimes	Common
SNEEZING	Common	Sometimes	Rare	Common
SORE THROAT	Common	Sometimes	Common	Common
CHEST DISCOMFORT/ COUGH	Common - mild to moderate, hacking cough	Common, can be severe	Common, can be severe	Common
SHORTNESS OF BREATH/ PROBLEMS BREATHING	Sometimes	Sometimes	Common	Common
NEW LOSS OF TASTE/SMELL	Rare	Rare	Common	Rare
DIARRHEA/VOMITING	Rare	Sometimes (more common in children than adults)	Sometimes	Rare
COMPLICATIONS	Sinus congestion, ear ache	Bronchitis, pneumonia, can be life-threatening	Pneumonia, stroke, heart attack, organ failure, can be life threatening	Common for infants and older adults
INFECTION WITH NO SYMPTOMS	Rare	Rare	Sometimes	Rare
VACCINE	No	Yes	Yes	Yes

BE PREPARED... DO YOU NEED AT HOME COVID-19 TEST KITS?



Get **FOUR FREE AT HOME COVID-19** tests this fall!

Every U.S. household may place an order to receive four free COVID-19 rapid tests delivered directly to your home from USPS.

[Covidtests.gov](https://www.covidtests.gov)

Need help placing an order for your free at-home tests?
Contact Gilbert, our Community Health Worker at 401-443-4312.

Health Related Programs:

Blue Cross Blue Shield Strength and Balance classes...
CONTINUED THROUGH 2024!

FRIDAYS 1:00PM

Participants work on muscle strengthening, coordination, and mindful movements.



**Blue Cross
Blue Shield**
of Rhode Island

NURSE ON VACATION FEB. 19 – FEB. 23

Blood Pressure Checks in February 2024:

Tuesday, Feb. 6.:
Orchard View is coming to assist with blood pressure checks.

Tuesday, Feb. 27:
Hattie Ide Chaffe is coming to assist with blood pressure checks.



JOIN US FOR A PRESENTATION ON

HYPERTENSION/HIGH BLOOD PRESSURE!

February is a great time to spread LOVE and heart health awareness. Our Healthy Aging Nurse Coordinator will explain what the numbers mean, why it's important to get your blood pressure under control, plus tips to help you manage your blood pressure at home.

Registration is required.

TUESDAY, FEBRUARY 13
10:30AM



Knowing what to eat and what not to eat can make all the difference in managing your blood pressure. We will break it all down from grocery shopping, food label reading, dining out and more.

Our Healthy Aging Nurse Coordinator will host 4 monthly nutrition classes beginning:

THURSDAY, FEBRUARY 29TH
10:30AM

The first class will focus on the DASH diet.

Please register to attend.



BLOOD PRESSURE SELF-MONITORING PROGRAM

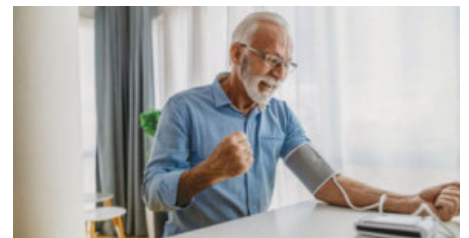
New guidelines now define high blood pressure for adults as 130/80. Overtime, elevated blood pressure puts people at risk of heart disease, heart attack, and even stroke.

Take control of your health by joining our Blood Pressure Self-Monitoring Program!

This 4-month program is designed to empower participants through education, consistent monitoring, and increased access to the Senior Center Nurse.

Don't wait until it's too late, act now!

CALL OUR HEALTHY AGING NURSE COORDINATOR AT
270-1792.



SETTING GOALS: WHY SENIORS SHOULD STILL MAKE NEW YEAR'S RESOLUTIONS

A New Year represents a fresh new start with opportunities for growth and achievement, but according to studies, only about 40% of Americans make New Year's resolutions each year. For older adults, experts say, setting a goal in the New Year can be a powerful first step in improving their quality of life.

It's not too late to set a resolution. Join us for a discussion on goal setting and tips on how to stay focused (and motivated) all year long.

WEDNESDAY, FEBRUARY 28 @ 10AM

PODIATRIST DR. DAVID RUGGIERO RETURNS TO THE SENIOR CENTER!

FRIDAY, FEBRUARY 16
1 PM-4PM

Appointments are required for nail clippings and/or callus removal.



PLEASE CALL OUR HEALTHY AGING NURSE COORDINATOR TO SCHEDULE YOUR APPOINTMENT 401-270-1792



NURSE HOURS TUESDAY, THURSDAY, & FRIDAY 9AM-2PM



NEW HAPPENINGS AT THE SENIOR CENTER:

Warm Water Pool Time at PODS SWIMMING

Mondays
2:00 pm-3:00 pm
11 Commercial Way
East Providence

*The Robert Rock East Providence Senior Center is partnering with PODS Swimming!
PODS Swimming has reserved their warm water pool for
East Providence Senior Center members.*

COST:

Senior discount of \$7.00 per session or if you prefer you can purchase a punch card for \$70.00 for 10 sessions.

TRANSPORTATION:

The Senior Center will provide transportation to PODS Swimming. Please contact Member Services for more information and to reserve transportation by calling 401-435-7800.

Intergenerational School Vacation Learn 365 Reading/Literacy Program Calling for Senior Volunteers

Needed: Senior volunteers to read to school age children

When: Tuesday Feb.20th-Friday, Feb.23rd and Monday, April 15th –Friday, April 19th

Where: East Providence Senior Center, located at 610 Waterman Avenue,
East Providence

Commitment: Up to 1-2 hours per date

Contact: Laura Jones, Senior Services Director 401-431-4608





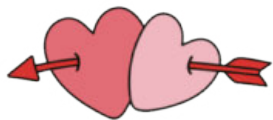


A LOOK BACK FROM JANUARY:



Robert Rock Senior Center Activities

FEBRUARY 2024

Mon	Tue	Wed	Thu	Fri
			1 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: Tai Ji 12:30P: Bridge 1P: Knit & Crochet	2 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack
5 8A: AARP Tax Assistance 10:30A: Backgammon 2P: Get Set Up Virtual Class 2P: PODS Swimming <i>*Technology Assistance by appt only*</i>	6 9A: Nurse Hours 9:30A: Tai Ji 10A: Watercolor Paint 10A: Smartphone Help 10:30A: BP Clinic 10:30A: East well, Be Well SNAP Pres. 10:45A: Chair Yoga 1P: Mah Jongg Class 1:30P: BINGO! 2P: Creative Art Studio	7 8A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 1P: Cribbage	8 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: Tai Ji 12:30P: Bridge 1P: Knit & Crochet	9 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack
12 8A: AARP Tax Assistance 10:30A: Backgammon 2P: PODS Swimming <i>*Technology Assistance by appt only*</i>	13 9A: Nurse Hours 9:30A: Tai Ji 10A: Water Color Paint 10A: Smartphone Help 10:30A: Hypertension Presentation 10:45A: Chair Yoga 1:30P: BINGO! 1P: Mah Jongg Class 2P: Creative Art Studio	14 9A: SHIP Counseling 9A: 20/20/20 Fitness 10:30A: Age Well, Get Connected 10:45A: PACE Chair Exercise 1P: Cribbage	15 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: Tai Ji 10:30A: Creative Connections: Pressed Floral Lanterns 12:30P: Bridge 1P: Knit & Crochet	16 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair Exercise 11A: Meditation 1P: BCBS Balance 1P: Podiatrist Appts. 1:30P: Hi Lo Jack
19 Senior Center Closed  President's Day	20 9:30A: Tai Ji 10A: Water Color Paint 10A: Smartphone Help 10:45A: Chair Yoga 1:30P: BINGO! 1P: Mah Jongg Class 2P: Creative Art Studio	21 9A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 1P: Cribbage	22 9:30A: Senior Shopping 9:30A: Tai Ji 12:30P: Bridge 1P: Knit & Crochet	23 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack
26 8A: VITA Tax Assistance 8A: The Pointe Assistance 10A: Backgammon 1P: Movie Showing 2P: PODS Swimming <i>*Technology Assistance by appt only*</i>	27 9A: Nurse Hours 10A: Water Color Paint 10A: Smartphone Help 10A: BP Clinic 10:45A: Chair Yoga 1:30P: BINGO! 1P: Mah Jongg Class 2P: Creative Art Studio	28 9A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 1P: Cribbage	29 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: Tai Ji 12:30P: Bridge 1P: Knit & Crochet	

Nurse

Part time Nurse is on site to assist you with any health related needs. Schedule an appointment with Shahnee today to learn more about maintaining a healthy lifestyle.
401-270-1792

Senior Shopping

Senior Services will pick you up at home to go grocery shopping at Stop & Shop or Shaw's weekly and Walmart monthly. 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.

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. **Registration not required. No fee.**
February 14- 10:30AM

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. No fee.

SHIP Counseling

State Health Insurance Program (SHIP)
Counselor is available on Wednesdays and Fridays (by appointment only). Counselors can help with Medicare/Medicaid enrollment, current plans, and future medical plans.
Call 401-435-7876 X1137 for an appointment.
No Fee

Gym Orientations- Robin/Sandra

Robin and Sandra can provide orientations and show fitness members how to properly use the fitness center equipment. Robin and Sandra can explain proper techniques and demonstrate exercises.
For fitness members only
Tuesdays 9:30A-11:30A/1P-3P Thursdays 9:30A-11:30A
Fridays 1P-2P
No registration required. No fee.

Smartphone Help

Learn tips and tricks on your smart phone. Learn more about text messaging, internet use, and apps.
Drop-in on Tuesdays 10:00AM- 11:00AM.
No registration required. No fee.

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. Wednesdays 9A-10A **No registration required. \$3.00 per class**

Chair Yoga

Chair Yoga is wonderful for both your mind and body.
Tuesdays with Cyn 10:45AM **\$3.00 per class.**
No registration required.

Hi Lo Jack

A game of chance, Registration required.
Call 401-435-7800 for more information or if you are interested in being a sub to play. Fridays 1:30PM-3:30PM.

\$3.00 to play
.25 ups or bumps

Creative Art Studio

Oriented for personal choice media such as collage, acrylic, pastel, etc. Tuesdays 2:00PM
Registration required \$3.00 per class.

Craft Club

Participants are given the opportunity to explore various art-making skills. Activities allow participants to enhance their creative and visual skills. **Fee: \$5.00**
Registration required. Stay tuned for our next Craft Club!

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.
No registration required. No fee.

Cribbage, Bridge, Scrabble, Mah Jongg

Each game is offered weekly at the Senior Center. Take a look at our daily activities calendar to see which day games are scheduled.
No registration required. \$3.00 fee for Cribbage.

555 Pawtucket Ave., East Providence, RI 02914

434-3885

Perry/
McStay
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JAMES P. MCSTAY

PAUL J. MARTIN

CHRISTOPHER E. SYLVESTER

PETER PIMENTEL

LEN WALKER
Senior Agent

Medicare Solutions

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Cell: 774-210-2060
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lwalker@myhst.com
www.sandlhealthcaresolutions.com



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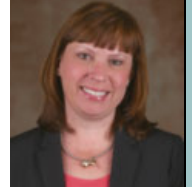


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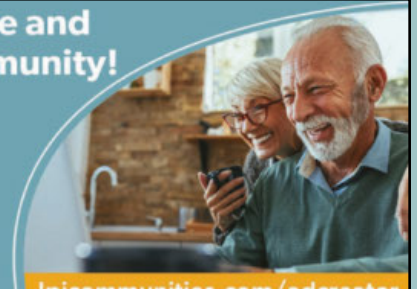
197 Warren Ave., Ste. 102 | www.GatewayHearing.com

Lisa Janicki, MS

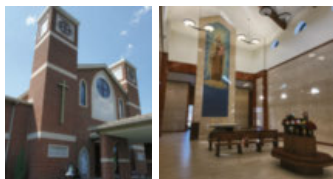
Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

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lpicomunities.com/adcreator



Catholic Cemeteries

Diocese of Providence

Catholic Cemeteries has more options to choose from than ever before.

Numerous opportunities to memorialize your loved one regardless of their resting place. Ensure that YOUR wishes are met, rather than leaving it up to grieving family members. We are here to help you through the process.

Main Office: (401) 944-8383

Gate of Heaven Office: (401) 434-2579

Mention Discount Code EPSC at time of purchase

ricatholiccemeteries.org

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Steve Persichetti

spersichetti@4LPi.com or (800) 888-4574 x3403



FREE AD DESIGN with purchase of this space

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TECHNOLOGY ASSISTANCE



Smartphone/Computer 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

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 14, 2024 10:30AM



LOOKING FOR 1:1 COMPUTER ASSISTANCE AT THE SENIOR CENTER?
Gilbert, our Community Health Worker can help!
 On Mondays, Gilbert will be available to answer questions about technology. **Appointments are required.** Please call 401-433-4312 to make your appointment. Feel free to bring your own laptop or tablet!



AFFORDABLE CONNECTIVITY PROGRAM:
This benefit provides a discount of up to \$30 per month toward internet service for eligible households.
 Call Amanda, our Elder Resource Specialist to learn more information and the process of applying:
 401-270-1788.
****Affordable Connectivity Program will stop accepting new applications and enrollments on February 7, 2024.****



DID YOU KNOW?
 The East Providence Library offers additional technology assistance and classes to sharpen your technology skills.
Call to see what classes and assistance is being offered today!
401-434-2453



GetSetUp **MONDAY, FEB. 5** **2:00PM**
HEALTHY LIVING TO HELP PROTECT YOUR HEART
This is a virtual class projected on Zoom!
 Everyone wants a healthy heart, but it can be difficult to know how to achieve that goal. This class will give you an overview of how your heart works. It will also explore what risk factors contribute to heart health and what we can do to keep our hearts healthy.



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. 5, 2024- APRIL 8, 2024.

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, 2024 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 \$57,000.00**. VITA will be at multiple locations this year.

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.



GUARDIAN ANGEL AWARD

Do you know someone who goes above and beyond for someone in need?

Maybe they helped make your day or life better in some special way, and you want to thank them. **Tell us your story!** Nominate a senior today for the Guardian Angel Award.

Nomination forms can be found in the Health Office. Fill it out explaining why this senior is so amazing. Senior Center staff will review each nomination and select a winner quarterly (depending on how many submissions we receive). We will highlight the awardee on the board in the Health Office as well as in our newsletter.

COMING TO THE SENIOR CENTER IN MARCH 2024:



**The RI Bar Association
&
East Providence Senior Center
Will Be Hosting An**

**Ask-A-Lawyer
March 12, 2024
10:00 - Noon**

*Visiting attorney
Rebecca N. Warr will give a
brief presentation on
Elder Law followed by a
question and answer period.*

DO YOU SUFFER FROM CHRONIC PAIN?

Chronic pain is described as pain that lasts longer than 3 months. For many, chronic pain can lead to depression, problems with mobility, loss of sleep, isolation and more. Learn how to take back your life in our 6 week Chronic Pain Self-Management program. Hear from others like you, build support, share tips, and learn new ways to manage your pain.



STARTING MONDAY, MARCH 4TH 930AM-11AM

THE
UNIVERSITY
OF RHODE ISLAND



**URI SNAP ED IS BACK!
WEDNESDAY, MARCH 20
10:30AM**

Container Gardening Presentation. Learn how to start an herb or vegetable garden inside your home and keep it growing throughout the year.

**URI PHARMACY OUTREACH
RETURNS!
FRIDAY, MARCH 22 10:30AM**

THE
UNIVERSITY
OF RHODE ISLAND
COLLEGE OF
PHARMACY

'Talk Before You Take'

Learn what you should know about prescription medications and how to get the best results from them. Know what questions to ask, how to avoid medication errors and what the medication is expected to do for you. We will also offer tips on cost-cutting and resource information about prescription assistance programs.

**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:

Membership is required for all activities. Membership is not required to only come for lunch

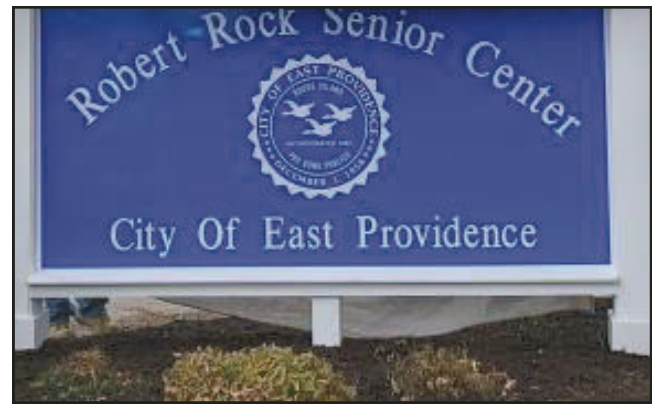
GENERAL MEMBERSHIP:

Residents of East Providence: \$20.00/year
Non-residents: \$25.00/year

GENERAL MEMBERSHIP INCLUDING FITNESS CENTER:

Residents of East Providence: \$60.00/year
Non-residents: \$70.00/year

** New membership and renewal forms can be picked up at the front desk!**



ADDITIONAL RESOURCES/PRESENTATIONS:

EAT WELL, BE WELL

Have you recently received a letter from the Rhode Island Department of Human Services regarding a new program called 'Eat Well, Be Well?'

Join Amanda, our Elder Resource Specialist, to hear what this program is all about and how you can stretch your food budget more with the help of this new program. Local resources will be shared as well as information on Hope Market located in Rumford, RI. *(This presentation will be most helpful for individuals that are already receiving SNAP benefits).*

**TUESDAY, FEBRUARY 6
10:30AM**



SHIP COUNSELING

The State Health Insurance Assistance Program (SHIP) helps people find the right Medicare coverage at the right cost. SHIP also assists beneficiaries with limited income to apply for programs, such as Medicaid, Medicare Savings Program and Extra Help/Low Income Subsidy, which can subsidize or reduce healthcare costs.

SHIP Counselors are at the Senior Center weekly (by appointment only).

Call 401-435-7876 x1137 to schedule your appointment today!



THE POINT

Maria from the Point will be visiting the Senior Center on the 4th Monday of the month to assist with Medicare, Medicaid applications, and DHS applications.

**Call Maria to schedule an appointment today!
401-519-0374**

Monday, Feb.26: 10A-12P





Winter Black Bean Soup

Prep time: 5 minutes
Cook time: 15 minutes
Servings per recipe: 4
Serving size: 1¼ cups



Ingredients

- 2 teaspoons vegetable oil
- ½ cup chopped onion
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 (14.5 ounce) can diced tomatoes, no salt added
- 2 (15.5 ounce) cans low-sodium black beans, drained and rinsed
- 1 cup water

Directions

- 1) Heat oil in a large saucepan over medium heat. Add onion and cook. Stir until onion begins to soften, about 2 to 3 minutes.
- 2) Add chili powder and cumin. Cook and stir for 1 minute.
- 3) Add tomatoes, beans, and water. Bring to a boil. Reduce heat, cover, and simmer for 10 minutes.

Recipe Tips

This soup can be cooked in a slow cooker on low for 3-4 hours.

THE UNIVERSITY OF RHODE ISLAND




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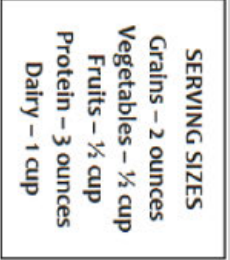



Lunch is served at

12:00 pm

February 2024

**PLEASE CALL OUR DINING ROOM AT
401-270-1814 TO PLACE YOUR LUNCH
ORDER 24 HOURS IN ADVANCE!!**

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 <p>SERVING SIZES Grains – 2 ounces Vegetables – ¼ cup Fruits – ½ cup Protein – 3 ounces Dairy – 1 cup</p>	 <p>east bay community action program THE BRIDGE TO SELF-RELIANCE</p>		<p>1 French lentil soup Roasted pork loin w/ gravy Roasted potatoes Green beans Jello Roll Ham & cheese sandwich</p>	<p>2 Mulligan stew Sweet & sticky chicken Mixed vegetables Rice pilaf Ww roll Pineapple chunks Roast beef w/ roll</p>
5	Vegetable soup Baked chicken w/ mushrooms Roasted sweet potatoes Baby carrots w/ green beans Sliced cake Ww Roll Seafood salad on wheat	6 Chicken escarole soup Pepper steak Roasted potatoes Roasted zucchini w/ tomato Oatmeal cookie Ww Roll Egg salad plate	7 Vegetable lentil soup Sausage & pepper sandwich Pasta Salad Chips Ww roll Sliced pears Turkey & Swiss cheese	8 Tomato soup Italian style pork chop Roasted potatoes Mixed vegetables Ww Roll Cup cake Chicken salad plate	9 Roasted cauliflower soup Swedish meatballs Mashed potatoes Peas & carrots Ww Roll Fresh fruit Cobb salad
12	Cream of broccoli soup Sloppy Joe Cole slaw Pretzel Ww Roll Tropical fruit Chef salad	13 Navy bean soup Baked rigatoni w/meatballs Green beans w/stewed tomatoes Garlic bread Lorna doone cookie Seafood salad sandwich	14 Vegetable barley soup Shepard's pie Mashed Potatoes Ww Roll Chocolate chip cookie Tuna salad sandwich	15 Minestrone soup Veal patty w/ mushrooms Roasted vegetables Sweet potato Ww Roll Sliced peaches Spinach salad w/ chicken	16 Clam chowder (red) Potato crusted fish Cole Slaw Rice pilaf Ww Roll Pudding Egg salad Sandwich
19	<p>Senior Center Closed</p>  <p>Happy PRESIDENT'S DAY</p>	20 Vegetable barley soup Beef Teriyaki Fried rice Snow peas Ww Roll - Pudding Chicken salad on rye	21 Vegetable soup Meatball w/stuffed shell Mixed vegetables Ww roll Watermelon Greek salad w/ chicken	22 Kale & bean soup Sliced turkey w/ gravy Buttered corn Stuffing Fresh fruit – Ww roll Tuna salad plate	23 French Onion soup Filet of fish sandwich Cole slaw Potato wedges Ww roll Chef salad
26	Chicken soup Breaded chicken cutlet w/ gravy Florentine rice Baby carrots Ww Roll Pudding Turkey sandwich on wheat	27 Venus de milo soup Meatball & pepper sandwich Roasted potatoes Ww roll Fig newton Spinach salad w/chicken	28 Fresh fruit Tossed salad Beef stew Ww Roll Pineapple chunks Cobb salad	29 Lentil & pea soup Salisbury steak w/ gravy Mashed potatoes Sweet corn Ww Roll Tropical fruit Ham & Swiss on rye	

Funded in part by the US Administration on Aging and the Rhode Island OF Healthy Aging.