

East Providence Senior Activity Center



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

January 2021

Letter from the Mayor::

On behalf of the entire City of East Providence staff, I want to wish you and your family a happy and healthy new year. The New Year always brings with it feelings of renewal and hope. This year those feelings take on new meaning as we roll out COVID-19 vaccines across our nation including Rhode Island. This does not, however, mean we are out of the woods yet. We need to be patient and stay vigilant by continuing to wear our masks and social distance.

I want to take this time to acknowledge all who have lost loved ones this year and send our heartfelt condolences. I look forward to 2021 and a day when we have a chance to join together.

Although the Senior Center continues to stay closed for activities in an effort to keep everyone safe, our Senior Center staff are available by phone to continue to provide you with any resources or needs you may have. Do not hesitate to give the center a call. We love hearing from you.

Sincerely,
Roberto L. DaSilva, Mayor of East Providence



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.

**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

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Advisory Board

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Ken Goucher Elaine Robinson

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"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:		

Having trouble paying your heating bill?

- **To receive help...**
- You don't have to be on public assistance
- You don't need to have an unpaid heating bill
- You can either rent or own your home A family of 3 can make up to \$4,343 a month

Our Low-Income
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gram
Could Help

Call East Bay Community
Action Program at
401-437-5102
to find out if you qualify!



community
action





Age-Friendly
RHODE ISLAND

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

Check out the Age-Friendly Virtual Community Center
January 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

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 try it out contact Susan at
Susanabayley@icloud.com
Susan will send you an invite to join in.



RECIPE OF THE MONTH



TORTELLINI SOUP IN 30 MINUTES OR LESS

SERVINGS: 4 | Quick & Easy Winter Soup

- 1 extra-large can (about 49 oz) of low-sodium chicken broth
- 1, 9oz package refrigerated cheese (or your favorite filling) tortellini
- 1-4 Tbsp. tomato paste
- Salt/pepper

BRING the broth to a boil in a large saucepan.

ADD the tortellini and cook according to package directions. Add tomato paste and salt and pepper to taste.

PAIR with a loaf of French bread and a green salad.

IF YOU HAVE A BIT MORE TIME, TRY THIS VARIATION:

In the sauce pan, **ADD** to the broth a carrot peeled and cut in half, a stalk of celery cut in 3 inch chunks, an onion cut in quarters, two or three garlic cloves, peeled, and a sprig each of thyme, rosemary, and basil, tied with cotton string.

BRING to a simmer and cook for 10-15 minutes to meld flavors.

DISCARD solids, bring the broth back to a boil and add the tomato paste and tortellini cooked according to the package directions.

JANUARY | 2021

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ARTICLE OF THE MONTH

REBUILDING YOUR SOCIAL LIFE IN RETIREMENT

Maintaining a close circle of friends can have a positive impact on well-being, especially as you grow older. From encouraging you to make better health choices to supporting you on difficult days, friends play a role in determining how long and how well we live.

One challenge older adults face, however, is how to maintain a social circle during retirement. Friends might move away to live closer to their adult children and grandchildren. Work relationships may fizzle after retirement. Late-life divorce, a growing trend, can cause a senior to be alone.

Here's what you should know about senior friendships and the steps you can take to rebuild your social circle.



The Value of Friendships

Research from the Blue Zones shows that when older adults have close friends, they are more likely to avoid some of the dangers associated with isolation. Those include diabetes, obesity, depression, and even early mortality.

Having friends helps you stay engaged with life and the world around you. From attending local events to exercising and volunteering, social networks give mental and physical well-being a boost.

If you are an older adult who's struggling to make new friends during retirement, we have some ideas you might find helpful.

Making New Friends During Retirement

Take a class

Tackling a new hobby gives your brain a healthy workout. It also provides you with an opportunity to meet new

people. Think about something you've always wanted to learn, and then find a place that offers classes. Maybe it's learning to play the guitar or the drums or how to speak French. Senior centers, libraries, parks, art museums, and community colleges usually offer inexpensive classes and programs.

Volunteer work

Another great way to meet like-minded people is by volunteering. Choose an organization or cause you believe in and volunteer to help. You'll likely find you enjoy the opportunity to share your time and talent.

Find a fitness group

Friends can influence how well you live. So, connecting with a group of fitness-conscious seniors will likely help you improve your overall well-being. Many health clubs, such as the YMCA, offer senior discounts.

Join a club

Shared interests and hobbies can also help senior friendships grow. If you are a gardener, for example, find a local

garden club you can join. Think about your favorite pastimes and explore the clubs available in your area.

Spiritual organizations

Seniors may find themselves more interested in activities that nurture their spiritual side. Establishment or reconstruction a relationship with a church or synagogue, if it can provide you with an opportunity to meet new people.

Join a senior center

Most local communities have senior centers. These organizations offer a wide variety of programs and activities every day. Many also offer meals, and the cost is very reasonable. Getting involved can help you expand your social network and make new friends.

Have you struggled with maintaining a social circle as you've gotten older? What have you done to build new friendships?

Help City of East Providence meet its 2020 energy efficiency goals.

Take the first step by scheduling a no-cost Virtual Home Energy Assessment.
Visit : ngrid.com/rivirtualassessment or call 1-888-633-7947.

You may also be eligible for:

- At least 75% or more off approved insulation and air sealing improvements up to \$4,000.
- No-cost LED light bulbs, faucet aerators, showerheads, and advanced power strip.
- Rebates and financing available for mini-split heat pumps.
- No -cost recycling of a fridge or freezer, plus a \$50 reward.
- Save up to \$75 on a Wi-Fi programmable thermostat.
- 0% interest heat loan.

These programs are funded by the energy efficiency charge on all customers' gas and electric bills, in accordance with Rhode Island law.

Start using less energy with these tips:

1. Dry only full loads of laundry and save \$7 a month
2. If you have an electric clothes dryer, clean the filter and straighten the exhaust hose/duct to save \$3 a month
3. Repair leaky faucets and save \$6 a month
4. Turn off lights, appliances, TVs, stereos, and computers when not in use, and save \$9 a month
5. Sign up for a no-cost Home Energy Assessment and get custom energy saving recommendations



LOCAL HELP FOR PEOPLE WITH MEDICARE

Can I make changes to my coverage after December 7?

January 1–March 31 each year, you can make these changes during the Medicare Advantage Open Enrollment Period:

- If you're in a Medicare Advantage Plan (with or without drug coverage), you can switch to another Medicare Advantage Plan (with or without drug coverage).
- You can drop your Medicare Advantage Plan and return to Original Medicare. You'll also be able to join a Medicare drug plan.

During this period, you can't:

- Switch from Original Medicare to a Medicare Advantage Plan.
- Join a Medicare drug plan if you're in Original Medicare.
- Switch from one Medicare drug plan to another if you're in Original Medicare. You can only make one change during this period, and any changes you make will be effective the first of the month after the plan gets your request. If you're returning to Original Medicare and joining a drug plan, you don't need to contact your Medicare Advantage Plan to disenroll. The disenrollment will happen automatically when you join the drug plan.

Note: If you enrolled in a Medicare Advantage Plan during your Initial Enrollment Period, you can change to another Medicare Advantage Plan (with or without drug coverage) or go back to Original Medicare (with or without a drug plan) within the first 3 months you have Medicare.

*Feel free to call **401-435-7876**, The Office of Volunteer Services for East Bay Community Action Program, to speak to a Senior Health Insurance Program (SHIP) Counselor.*



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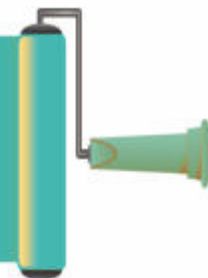
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East Providence Senior Center, East Providence, RI

04-0741



COVID-19 Vaccine

The good news- We've only seen one COVID-19 vaccine scam reported nationally by the Senior Medicare Patrol at this point.

The bad news- This type of fraud will move very quickly, very soon, and will take many forms. What you need to know:

You likely will not need to pay anything out of pocket to get the vaccine during this public health emergency.

You cannot pay to put your name on a list to get the vaccine.

You cannot pay to get early access to the vaccine.

No one from Medicare or the Health Department will contact you.

No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Social Security number or your credit card or bank account information to sign you up to get the vaccine.

Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.

If you get a call, text, email — or even someone knocking on your door claiming they can get you early access to the vaccine, STOP! It's a scam!

Please report any suspicious contacts to the Rhode Island
Senior Medicare Patrol (SMP)
(401)462-0194





Countess Arlene Ten Eyck

Joined the East Providence Senior Center in 2008

Passed in March 2020

Jean Henderson

Joined the East Providence Senior Center in 2004

Passed in July 2020

Harry Manning

Joined the East Providence Senior Center in 2003

Passed in November 2020

Gladys Panzarella

Joined the East Providence Senior Center in 2002

Passed in December 2020

Jeannine Gosselin

Joined the East Providence Senior Center in 2016

Passed in December 2020

Douglas Dean

Joined East Providence Senior Center in 2010

Passed in November 2020

Please contact Laura Jones at 401-431-4608 if someone was left off the list in error.

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



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HOW TO STAY YOUNG

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay them.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever, even ham radio. Never let the brain idle. 'An idle mind is the devil's workshop.' And the devil's family name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love , whether it's family, pets, keepsakes, music, plants, hobbies, whatever.. Your home is your refuge.
8. Cherish your health: if it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, even to the next county, to a foreign country, but NOT to where the guilt is.
10. Tell the people you love that you love them at every opportunity.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Juice Turkey Salad on Multi Grain Pretzel Cookies Milk	5 Juice Honey Ham & Cheese on Marble w/Mustard Corn Chips Fresh Fruit Milk	6 Juice Chicken Salad on Pumpernickel Chips Pudding Milk	7 Juice Meatballs w/Marinara Sause on a Grinder Roll Multi Grain Chips Granola Bar Milk	8 Juice Tuna Salad on Whole Wheat Roll Chips Fruit Cup Milk
11 Juice Ham Salad on Oatmeal Bread Chips Fresh Fruit Milk	12 Juice Hamburger on a Roll w/ Mustard Cole Slaw Cookie Milk	13 Juice Sliced Turkey & Cheese on Wheat Multi Grain Chips Yogurt Milk	14 Juice Egg Salad on a Croissant Pretzels Muffin Milk	15 Juice Seafood Salad on 9 Grain Chips Fresh Fruit Milk
18 <u>CLOSED</u> Dr. Martin Luther King Jr. Day	19 Juice BBQ Chicken Breast on Roll Chips Pudding Milk	20 Juice Shrimp Salad on Pita Chips Cookie Milk	21 Juice Corned Beef on Rye w/Mustard Carrot Slaw Lorna Doones Milk	22 Juice Meatloaf Sandwich on Oat Bread w/Ketchup Corn Chips Fruit Milk
25 Juice Tuna Salad on a Roll Chips Banana Bread Milk	26 Juice Sliced Chicken w/ Mayo on Wheat Chips Yogurt Milk	27 Juice Salami & Provolone on Multi Grain w/Mustard Pretzels Fruit Cup Milk	28 Juice Sliced Turkey & Cheese on a Roll w/ Mayo Chips Fruit Milk	29 Juice Crab Cake on Wheat Roll w/Tartar Sauce Broccoli Slaw Brownie Milk
Funded in part by the US Administration on Aging and state funds by the Rhode Island Office of Healthy Aging .				

