

East Providence Senior Activity Center



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

July 2020

Letter from the Director :

I can't believe it is already July! It continues to be a trying time for all as we live through these uncertain times of the Covid-19 pandemic. The state of Rhode Island has now entered into Phase III of its reopening plan. Governor Raimondo, in a recent report, showed Rhode Island and Connecticut as the only two states reporting declines in new cases of the virus. This is a result of all the hard work and sacrifices being made by all of you! Phase III will be a time of planning and preparing to reopen our Senior Centers in Rhode Island. I still cannot give you a date when we can invite you all back for activities, but know that when we do, the health and safety of the population we serve will be our priority.

Wishing you all good health,

Laura Jones



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

FARMERS MARKET VOUCHERS



The Senior Center will be distributing Farmer's Market vouchers starting in July. Please contact the Senior Center for more information .



Thank you to all of the volunteers who have shared their time and talent sewing cloth face masks and preparing and driving to deliver food and meals to our older adult population in East Providence. In the month of June, the East Providence Senior Center distributed 4,980 meals. Our volunteers sewed 485 face coverings . If you are in need of a face mask or if you want to volunteer to sew please contact Pat Thomas at the East Providence Senior Center at 401-270-1863.

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Jim Phillips

George Furtado

Jan Kinder

Ann Fagundes

Ken Goucher

Elaine Robinson

Donald Senna

VIRTUAL COMMUNITY

Age-Friendly Rhode Island Virtual Community Center

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

Senior Center, Zoom YOGA Now Available

Susan Bayley is teaching a Zoom Yoga class.

Classes are Mondays and 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.

IN PERSON PUBLIC LIBRARY PROGRAMS

Weaver Library, 41 Grove Avenue, East Providence, RI 02914 401-434-2453 eastprovidencelibrary.org
Outdoor Programs

Introductory Yoga: a 6-Week Series on the Weaver Library Lawn

Monday, June 22nd through Monday, July 27th

6 – 6:45pm

Weaver Library will offer an outdoor Introductory Yoga Class for by Instructor Joan LaMontagne. With 23 years in the medical profession, Joan trained under Devarshi Steven Hartman in a Kripalu based style yoga. Allowing movement within poses makes this style accessible to all levels of yoga students. Joan also incorporates breathing techniques, meditation and restorative poses in the Yin style to make classes both stimulating and relaxing for all. This series is free and open to adults but registration is required. To reserve your space, email eplibraryjoyce@yahoo.com. Class size is limited and will adhere to social distancing guidelines.

Introduction to Sheng Zhen Meditation: a 6-Week Series on the Weaver Library Lawn

Friday, June 26th through Friday, July 31st

8am – 9am

Julian Saad, a 3rd year graduate student in the Clinical Psychology PhD program at URI, offers an Introduction to Sheng Zhen, a meditation practice that can be performed in motion and in stillness. With regular practice, Sheng Zhen movements strengthen the body, calm the mind, and open the heart to a renewed sense of joy, a deeper understanding of life, and more compassion for oneself and others. This series is free and open to adults but registration is required. To reserve your space, email eplibraryjoyce@yahoo.com. Class size is limited and will adhere to social distancing guidelines.

Fourth of July Poem

Wave on high grand old flag for the sake of all who care; You're the symbol of our freedom, the answer to our prayer.

You give us strength to hold our ground against the brazen few who would test our mettle, our fortitude, dedicated to you.

Our colors stand for more than what we learned in school; They blend together, form a wrapper, for the golden rule.

You guide the way we carry on when faced with a mighty test; Each minute and hour of every day we resolve to do our best

to stand as one before the terror that violates nature's laws, to protect the rights of all who pledge allegiance to your cause.

Wave on high, grand old flag, it's you we loudly cheer; you radiate a wondrous spirit, that helps us conquer fear.

— American Banner by C.K. Roshong



LOCAL HELP FOR PEOPLE WITH MEDICARE

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

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

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



TELEHEALTH NUTRITION APPOINTMENTS

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

8 Tips to Help Seniors Conquer Stress

As boomers retire from their jobs at unprecedented rates in the U.S., you'd think they'd be spending their free time with friends, lingering over the morning newspaper and coffee, or taking January vacations in a warm place. But many seniors are finding themselves in a predicament that few anticipate in retirement: parenting for a second time.

Census reports indicate that 2.7 million grandparents are responsible for their grandchildren. Their added duties may be fulfilling, but they may be stressful, too.

In fact, many things can trigger stress among retired adults — paying bills on a fixed income, failing health, caring for ill parents or spouses, or even grandparenting. Excessive stress can lead to serious health problems.

“When stressed, the body releases substances such as cortisol and adrenaline that affect every organ and can cause muscle tension, insulin secretion, and increased heart rate,” said Arthur Hayward, M.D., a geriatrician and the clinical lead physician for elder care with Kaiser Permanente’s Care Management Institute.

“You can’t avoid stress, but managing it can help preserve your health and well-being,” Dr. Hayward added. He recommends identifying and understanding the cause of your stress and finding ways to relieve it, such as these eight tips:

1. Pace yourself. Don’t take on too much. Be aware of your limitations.
2. Set realistic goals and expectations, and don’t be afraid to ask for help.
3. Plan time for yourself. Recharge your batteries.
4. Exercise and eat a balanced diet. Get plenty of fruits, vegetables, and whole grains.
5. Try relaxation techniques such as meditation or yoga.
6. Get enough sleep. If you have problems sleeping, talk to your doctor. Drinking caffeinated beverages and alcohol can affect your ability to get a good night’s sleep.
7. Talk with a loved one or write in a journal.
8. Stay positive. Positive thoughts can make a difference, such as “I am hopeful” or “Things will be better.”

For more information, go to kp.org/healthyaging. For questions or advice about a specific condition, talk to your physician.

(Courtesy of NewsUSA)

RECIPE OF THE MONTH



BACON S'MORES

PREP TIME: 20 minutes | **COOK TIME:** 5 minutes | **YIELD:** 8 servings

- 4 strips any variety Smithfield Bacon
- 8 marshmallows
- 2 chocolate bars (about 3 ounces), broken into eight pieces
- 8 graham crackers, broken into squares



HEAT oven to 375 F.

ON lightly sprayed, foil-lined, rimmed baking pan, separate strips of bacon; lay flat in single layer and gently stretch each strip 1-2 inches. Bake 10-12 minutes, or until bacon begins to curl and edges just start to crisp, rotating pan halfway through cooking. Remove bacon from pans with spatula while warm, draining briefly on absorbent paper; reserve.

CUT bacon slices in half crosswise and tightly wrap around marshmallows, securing with skewer or roasting stick. Roast marshmallows over open fire until toasty brown on edges, being careful not to burn or ignite marshmallows.

IMMEDIATELY sandwich roasted marshmallows between two graham crackers with piece of chocolate.

To find more summer entertaining tips and recipes, visit Smithfield.com. (Courtesy of Family Features) ©LPI

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ARTICLE OF THE MONTH

FURRY FRIENDS BRING GREAT HEALTH BENEFITS TO SENIORS

Having a four-legged, furry companion is good for our mental and physical well-being. That's true at any age, including during retirement. A pet provides unconditional love and a sympathetic ear on difficult days. For older adults, the health benefits of having a pet are numerous.

Let's look at a few reasons why pets are good for us and why an older adult might want to adopt a senior pet.

4 REASONS TO ADOPT A PET

1. Unconditional support

Animals are typically loyal creatures that stick by us through thick and thin. They are there for us in ways most people can't be. Sometimes it's listening when we are sad, other times hearing our joys and secrets. For an older adult who has recently experienced the loss of a loved one, a pet makes an ideal companion during the process of grieving and healing. The senior has someone counting on them and giving them purpose.

2. Stress and anxiety relief

Research shows that pets lower stress levels and blood pressure. The very act of petting a furry friend is soothing. Finding natural remedies for reducing stress is important for maintaining optimum health.

3. Activity

An older adult might be reluctant to go for a walk around the neighborhood on their own but will



happily share the journey with a pet. Walking is one of the best forms of exercise for people of all ages, but especially for seniors. It helps maintain stamina and balance while reducing the risk for depression.

4. Socialization

Pets attract attention and make new friends easily. If you routinely take your pet for a walk, it won't be long before you make new friends, both human and animal. It's a great way to get to know the neighbors.

Next, learn more about the animal's disposition and needs. For example, a dog like a Jack Russell Terrier may require more exercise than a senior can safely manage. A calmer breed might be better.

Also take the home environment into consideration. If you or your loved one doesn't have outdoor living space or easy access to a park, a cat could be a better choice. Some seniors also find birds make good companions.

TIPS FOR ADOPTING A PET DURING RETIREMENT YEARS

First, consider your budget. Some breeds of cats and dogs are more expensive to maintain. It might be higher grooming expenses, a specialty food, or more frequent veterinary care. Before you adopt a pet, make sure you are confident you can afford the monthly expenses.

One last tip is to consider adopting an older pet. They generally make great companions for seniors. Most are house-trained and past the exhaustingly active puppy stage. Local shelters often have photos of the animals up for adoption on their websites. You can log on and read more about them before leaving home.

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CROSSWORD PUZZLE

ACROSS

- 1 Sheep's cry
4 Certified Public Accountant (abbr.)
7 Wolframite
10 School residence
11 Own (Scot.)
12 Trolley
14 Poop (2 words)
16 7th incarnation of Vishnu
17 Limited (abbr.)
18 Agave fiber
20 Television channel
21 Pointed (pref.)
22 You (Ger.)
24 Elastic
28 One of the Beatles
31 Indian carpet
32 Bronze (Lat.)
34 River into the Yellow Sea
35 Dismay
37 Birthstone

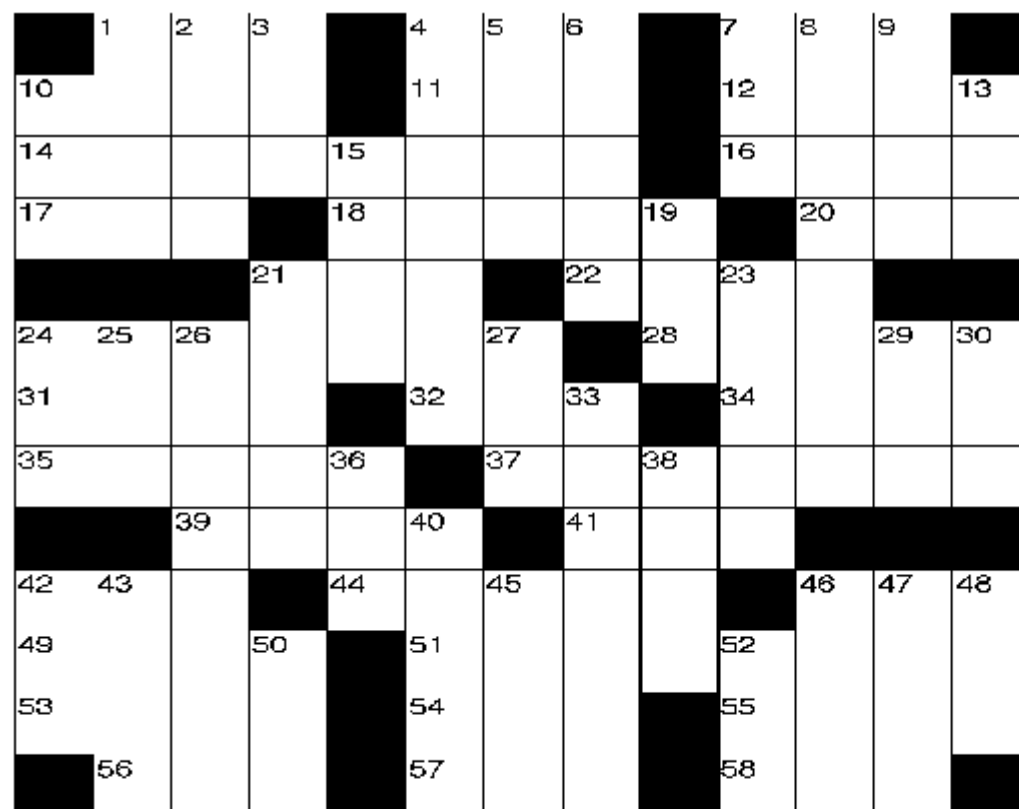
- 39 Killer of Abel
41 Amer. Medical Assn. (abbr.)
42 Miles per hour (abbr.)
44 Last Imam
46 Barely get by
49 Oz books author
51 White wine
53 Hillside shelter
54 Military assistant
55 Knotted fibers
56 Rom. bronze
57 Bird's display area
58 Shak. contraction

DOWN

- 1 Disputable
2 Jack-in-the-pulpit
3 Danish county
4 Pause in poetry

- 5 Ancient Britain
6 Tarsus
7 Center (abbr.)
8 Mite
9 Young sheep
10 Double (abbr.)
13 But (Sp.)
15 Gaming cubes
19 Europe (abbr.)

- 21 Cordage fiber
23 Eyelashes
24 Eth. title
25 Exclamation
26 Booklet
27 Affirmative
29 General Accounting Office (abbr.)
30 Out (Scot.)
33 Eider (2 words)
36 Kipling hero
38 Exude
40 Skull bone
42 Master of Business Administration (abbr.)
43 Para-aminobenzoic acid
45 Geological vein angle
46 Winged god
47 Unite
48 Conger
50 Badly (pref.)
52 Alfonso's queen



Celebrate National Ice Cream Month

This July is National Ice Cream Month, and you have Kentucky to thank! In 1984, Senator Walter Dee Huddleston of Kentucky introduced a resolution to proclaim the month of July 1984 National Ice Cream Month and the 15th of that month National Ice Cream Day. Ronald Reagan signed the bill into law the same year, and the rest is history! Even though the bill only specified that July 1984 was National Ice Cream Month, the tradition carries on—much to our pleasure. Celebrate with us this July!

National Ice Cream Month Activities

Try as many ice cream flavors as you can

How many ice cream flavors can you eat this month? We challenge you to try at least 10, but you can set your own goal and see how well you do. We know we'll be aiming for the moon—try and keep up!

Host an ice cream party

Next time you're having a barbecue this summer, add an ice cream bar! You can do it potluck style—supply several different flavors of ice cream and ask your friends to bring their favorite toppings. You might not be the life of the party, but your dessert will—and that's what counts.

Invent your own flavor

To celebrate everyone's favorite month, find a recipe you can use as a starting point to invent your own ice cream flavor. You can use a vanilla ice cream recipe and add your favorite toppings, or just pour ingredients into a pan and wing it. If you have an ice cream maker, this is your time to shine. If you don't, there are plenty of recipes that you can make without any equipment!

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THIS DAY IN HISTORY

JULY 1, 1979: Sony introduced the Walkman.

JULY 2, 1962: Wal-Mart Discount City opened in Rogers, Arkansas. It was the first Walmart store in the country.

JULY 3, 1922: "Fruit Garden and Home" magazine was introduced but was later renamed "Better Homes and Gardens."

JULY 4, 2004: In New York, the cornerstone of the Freedom Tower (One World Trade Center) was laid on the former World Trade Center site.

JULY 5, 1975: Arthur Ashe became the first black man to win a Wimbledon singles title when he defeated Jimmy Connors.

JULY 6, 1948: Frieda Hennok became the first woman to serve as the commissioner of the Federal Communications Commission.

JULY 7, 1981: Ronald Reagan appointed Sandra Day O'Connor to the U.S. Supreme Court, the first woman to be appointed to the highest court in the U.S.

JULY 8, 2011: Space Shuttle Atlantis was launched for the last time.

JULY 9, 1962: Andy Warhol's iconic Campbell's Soup Cans made their debut at the Ferus Gallery in Los Angeles, California.

JULY 10, 1991: Boris Yeltsin took the oath of office, becoming the first popularly elected president in Russia's thousand-year history.

JULY 11, 1914: Babe Ruth made his MLB debut with the Boston Red Sox.

JULY 12, 1967: Race riots break out in Newark, New Jersey, killing 26 people and injuring several others.



JULY 13, 1985: Held simultaneously in London and Philadelphia, the Live Aid concert raised millions in benefit of those affected by famine in Ethiopia.

JULY 14, 1789: The fall of the Bastille occurred at the beginning of the French Revolution.

JULY 15, 1973: Nolan Ryan of the California Angels became the first pitcher in two decades to win two no-hitters in a season.

JULY 16, 1935: Oklahoma City became the first city in the U.S. to install parking meters.

JULY 17, 1950: The television show "The Colgate Comedy Hour" debuted featuring Dean Martin and Jerry Lewis.

JULY 18, 1985: At the age of 23, Jack Nicklaus II made his playing debut on the pro golf tour at the Quad Cities Open in Coal Valley, Illinois.

JULY 19, 1946: Marilyn Monroe acted in her first screen test.

JULY 20, 1969: A global audience watched on television as Apollo 11 Astronaut Neil Armstrong took his first step onto the moon.

JULY 21, 1899: Ernest Hemingway was born in Oak Park, Illinois.

JULY 22, 1934: Bank robber John Dillinger was shot and killed by FBI agents in Chicago.

JULY 23, 1952: Egyptian army officers launched a revolution changing Egypt from a monarchy to a republic.

JULY 24, 1956: Dean Martin and Jerry Lewis ended their team after a decade together.

JULY 25, 1943: Mussolini was deposed two weeks after the Allied attack on Sicily.

JULY 26, 1856: Irish playwright George Bernard Shaw was born in Dublin, Ireland.

JULY 27, 1953: The Korean War ended with the signing of an armistice by U.S. and North Korea.

JULY 28, 1998: Monica Lewinsky received immunity from prosecution to testify before a grand jury about her relationship with U.S. President Clinton.

JULY 29, 2005: Astronomers announced that they had discovered a new planet, Xena, in orbit around the sun.

JULY 30, 1956: The phrase "In God We Trust" was adopted as the U.S. national motto.

JULY 31, 1928: MGM's Leo the lion roared for the first time.

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JULY | 2020

Meal Site Update

Special Offering During COVID-19 (Coronavirus) Pandemic

Given that seniors are encouraged to stay home, and the Centers for Disease Control are recommending social distancing of at least 6 feet, our meal sites have closed. Many seniors rely on this Monday through Friday meal. We are now doing boxed lunches, which include a sandwich of the day, fruit, milk and juice.

Please make your reservations at least 24 hours in advance.

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

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

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

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



FOOD DISTRIBUTION

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



East Bay Community Action Food Pantry

Food Pantry Hours

By Appointment Only—401-437-1000 ext. 127

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



THANK YOU
for your generosity

A great big thank you to the University of Rhode Island who donated prepared meals to the City of East Providence residents. The Senior Center was able to distribute 6,150 meals from April –June .

Name: _____

Date: _____

Independence Day

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

Word List:

AMERICA
CELEBRATE
FLAG
HOME OF THE BRAVE
LIBERTY
PHILADELPHIA
SPARKLERS
UNCLESAM

BARBECUES
COLONIES
FOURTH
INDEPENDENCE
OLD GLORY
PICNICS
STARS
UNITED

BLUE
DECLARATION
FREEDOM
JULY
PARADE
RED
STRIPES
USA

BRITAIN
FIREWORKS
HOLIDAY
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PATRIOTIC
REVOLUTION
SUMMER
WHITE

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Bernard, who is noted for his gracious manners, was awakened one morning at 4:40 a.m. by his ringing telephone.

“Your dog’s barking, and It’s keeping me awake!” yelled an angry voice.

Bernard thanked the caller and politely asked his name and number before hanging up

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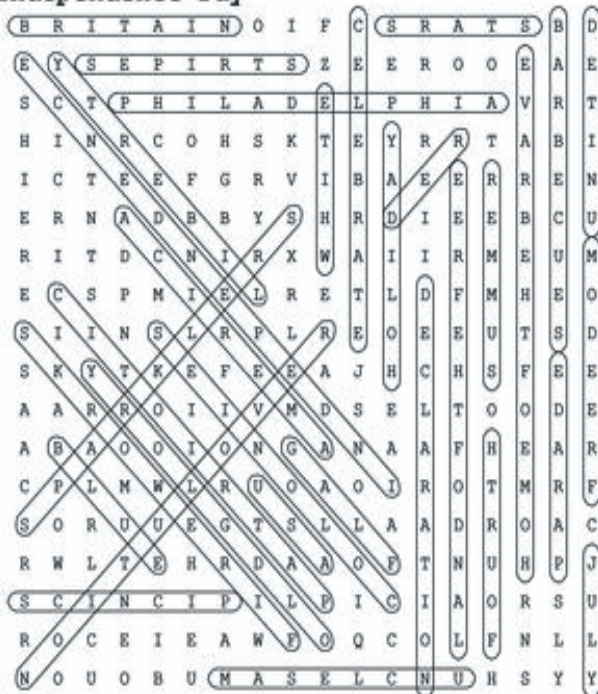
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ANSWERS TO PUZZLES



Name: _____ Date: _____

Independence Day



Word Lists:

AMERICA
CELEBRATE
FLAG
HOMECOMING
LIBERTY
PHILADELPHIA
SPARKLERS
UNCLESAM

BARBECUES
COLONIES
FOURTH
INDEPENDENCE
OLOGORY
PICKNICS
STARS
UNITED

BLUE
DECLARATION
FREEDOM
JULY
PARADE
RED
STRIPES
USA

BRITAIN
FIREWORKS
HOLIDAY
LANDOFTHEFREE
PATRIOTIC
REVOLUTION
SUMMER
WHITE

Tax filing date has been
extended until
July 15th

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www.myfreetaxes.com

