

East Providence Senior Activity Center



Welcome Back!

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

June 2021

Message from the Mayor:

Over the last year all of you, our residents, have done an outstanding job of getting vaccinated and taking advantage of testing being offered. These efforts have paid off with positive results. As of March 21st, based on the Centers for Disease Control & Prevention (CDC) guidelines, Rhode Island has lifted most restrictions. All those fully vaccinated (meaning those who have received all required vaccine doses and two weeks have passed since your 2nd dose), will no longer be required to wear masks in our city's buildings. We encourage all residents who are not yet vaccinated to schedule a vaccine appointment as soon as possible. If you need assistance scheduling a vaccine appointment, please contact the East Providence COVID-19 Hotline at 401-533-9812.

I am excited to announce that the City of East Providence will be hosting a Senior Center reopening celebration on June 17th from 10 a.m. to Noon at the East Providence Senior Center located at 610 Waterman Ave. We are hoping you will join us for this fun-filled event featuring food, entertainment, elderly care resources, a visit from NBC 10's Anchor and Health Check 10 Reporter, Barbara Morse and members our East Providence delegation and so much more.

Sincerely,

Roberto L. DaSilva, Mayor of East Providence

YOU'RE INVITED !

JUNE 17th

WELCOME BACK
Celebration

10:00-12:00
EAST PROVIDENCE
SENIOR CENTER

Music
Food
Fun
Friends
Services
Giveaways

Letter from the Director:

I am thrilled to be able to re-open the doors at the Senior Center and am very excited to see all of our returning members and also to meet new residents looking to join us. Please check out this newsletter for the calendar of activities scheduled for June.

I have been busy reaching out to our instructors, volunteers, and members. Some of you are ready to return to the Senior Center and some are not. It is a personal choice and every one's situation and comfort level is unique. Only you will know when the time is right. As more and more activities return, I will continually be expanding our calendar. I ask for your patience as it will take some time to return to the level of activity we had prior to the pandemic.

Life has changed for us all during this past 15 months. Some changes were positive but many of us suffered losses, loneliness and challenging times. Please read this month's featured article titled: The Mourners Bill of Rights.

My hope is that you will find the Senior Center a place where you can once again be with your friends, find comfort and support, and return to activities that give you joy. I invite you all to join us on June 17th from 10:00 am– 12:00 pm for our Welcome Back Celebration!

Sincerely,

Laura Jones, Director of Senior Services
City of East Providence



Staff

Laura Jones

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Transportation

Richard Wood Tina Johnson Joe Serodio
Lee Wilber Christopher Januario

Advisory Board

Maryann Leonardo Eleanor Monteiro

Judy Phillips Jim Phillips
George Furtado Jan Kinder

Ann Fagundes Ken Goucher

Elaine Robinson Donald Senna

East Providence Senior Center Reopening Questions and Answers

Question: Do I need to be fully vaccinated to return to the Senior Center?

Answer: Although we encourage all to get vaccinated, we also know that getting vaccinated is a personal choice and there are many reasons one may choose not to be vaccinated. Those who are fully vaccinated, those who are partially vaccinated and those who are not vaccinated will be allowed participation.

Question: Will I be required to wear a mask when attending the Senior Center?

Answer: If you are fully vaccinated, meaning you have completed the required number of doses and it has been two weeks since you have been completely vaccinated, you will not be required to wear a mask. If you are not vaccinated or are partially vaccinated, you are required to wear a mask. All persons are still required to wear masks when providing or using services of any ride-sharing or similar ride service. Therefore, the Senior Center will require masks to be worn for all ride services.

Question: Will I be required to show proof of vaccination?

Answer: No, you will not be required to show proof of vaccination. We trust that you will follow the protocols kept in place as recommended by the CDC and the Rhode Island Department of Health by wearing a mask if not completely vaccinated or partially vaccinated.

Question: Will the Senior Center practice and require physical distancing?

Answer: Physical Distancing is not required of those who are fully vaccinated as stated in Governor Daniel McKee's Executive Order dated, May 18, 2021. If you are not vaccinated or are only partially vaccinated, the CDC recommends you continue to practice social distancing to protect yourself.

Question: What protocols will be put in place to maintain a safe and clean Senior Center?

Answer: The City of East Providence is committed to keeping the Senior Center clean and safe. All high touch areas will be cleaned throughout the day. Hand sanitizer will be provided for use by all staff and Senior Center visitors. All staff and visitors are asked to stay home if feeling sick for the protection of all. We continue to recommend Covid-19 testing for all who have been exposed to or who are experiencing Covid-19 symptoms to stop the spread. If you have been exposed to someone who has tested positive you must quarantine for 14 days from the date of the last exposure date.

You do not however, need to quarantine if:

- You have been fully vaccinated and have no Covid-19 symptoms
- You have had Covid-19 in the last 3 months, have recovered and have no symptoms

Please note that guidance, protocols and rules may change based on Covid-19 positivity rates, deaths and vaccine coverage both nationally and in Rhode Island. Please stay informed of all CDC guidelines, and updated Executive orders for the most updated information.

SENIOR CENTER MEMBERSHIP DRIVE



If you are looking to improve your physical fitness and health, spark your creative juices or looking for a place to connect with friends or make new ones, you have come to the right place. Our hope is for you to feel at home and make this your Center. We are always open to new ideas for programming so don't be shy, if you have an idea let us know.

If you are a **returning member** we are asking all returning members to fill out a new membership application. It has been over a year that the Center has been closed for activities and this will allow us to update your information. All membership transactions will be handled at the reception desk at our main entrance. Our reception team, Patricia Thomas and our newest team member Stephanie Walsh are there to assist you. Memberships have been extended for those who had paid membership dues at the time we closed in March of 2020. Please check with our reception team staff to get your new membership expiration date.

If you are a **new member**, we would like to personally welcome you to the East Providence Senior Center. If you have never been to the Center or if it has been a while since you last visited us, we would love to offer you a tour. For more information on Senior Center membership, please contact our membership services staff, Patricia Thomas or Stephanie Walsh at 401-435-7800, Monday through Friday 8:00 am-4:00 pm.

Best,
The East Providence Senior Center Staff

Diabetes and Depression

Join us Thursday, June 24th at 10:00am for a special presentation on Diabetes and Depression. We'll explain how the two conditions are linked, how your thoughts can affect your blood sugar levels and what you can do to overcome diabetes distress.

A diabetes diagnosis can be devastating and overwhelming. For many the news comes in the form of demands- "Do this. Eat that. Watch this." Before you even have time to process the diagnosis your thoughts are already racing. For many people a change in health and lifestyle can lead to depression, stress and anxiety. Learn to fight back and regain control of your health and your thoughts. Call Healthy Aging Nurse, Coordinator, Shahnee to register.

Shahnee Lagor, BSN, RN-BC
Healthy Aging Nurse Coordinator
East Providence Senior Center
610 Waterman Avenue, East Providence, RI 02914
Phone: (401)435-7800 Ext. 113
Email: slagor@eastprovidenceri.gov



SENIOR SHOPPING SERVICE

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.

MASKS MUST BE WORN FOR ALL RIDE PROGRAMS

PUZZLES OF THE MONTH

Sudoku

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

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

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DIFFICULTY: ★★★☆☆

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "Q" = "L."

"RBURQB XSU TQH JKOU D NDYB
DQXDHC EDMB D GDI QDKIJKY."

— XJQQ NUYNBC

— Will Rogers —
"People who fly into a rage always make a bad landing."

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

Answer to Sudoku



CROSSWORD PUZZLE

ACROSS
1 Cocoon insect
5 Former Korean president
9 Genetic letters
12 Dunlin bird
13 Male noble
14 Edible root
15 Sayings (suf.)
16 Vex
18 Having (suf.)
20 Shout
21 Formula
23 Fish with bait on the surface
24 Buddhist monk in nirvana
25 Held a session
26 Offense
29 Trouble
30 Mortar mixer
31 Shoshonean
32 River into the North Sea
33 Cistern
34 Oriental
36 Month abbr.
37 Jot

38 Fetish
40 Fundamental
41 Incense ingredient
43 Rubbish; Brit.
46 Anecdotes
47 Work (Sp.)
48 United States Dept. of Agriculture (abbr.)
49 Ten decibels
50 Corner
51 Wampum

DOWN
1 Greek letter
2 Caribbean lizard
3 Card game
4 Abbey (Sp.)
5 Queen (Fr.)
6 Stag
7 Slip
8 Educate
9 Old Eng. gold piece
10 National (abbr.)

G	E	P	E	K	O	O	N	B	E	L
A	D	S	N	A	B	R	A	O	A	N
C	H	A	R	C	O	A	L	R	A	F
I	C	I	S	I	B	A	S	I	O	B
E	T	I	T	L	E	F	E	B	I	T
N	A	S	I	A	C	B	A	C	D	E
E	T	E	A	B	R	A	B	I	L	E
N	I	S	I	S	A	T	H	R	A	V
R	E	C	I	P	E	D	I	C	E	R
L	L	C	A	L	L	O	D	O	N	O
E	T	E	A	R	I	R	I	T	A	T
M	A	M	A	R	L	E	A	R	L	E
R	N	A	R	H	E	R	H	E	R	A

11 Soul or spirit (Fr.)
17 Flap
19 Choose
21 Electric catfish
22 Great Lake
23 Flat fish
25 Pouch
26 Bag
27 Italic (abbr.)
28 Haw, goose
30 Mortar beater
33 Seamount
34 S.A. sloths
35 File (2 words)
36 Coniferous tree
37 Muslim divorce
38 Without (Ger.)
39 Semitic deity
40 Pressure (pref.)
41 Public vehicle
42 Or best offer (abbr.)
44 Food and Drug Admin. (abbr.)
45 Cigarette; Brit. slang

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

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Tuesday Mornings

9:00 am-12:00 pm

Please call 401-435-7800 to reserve your spot



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WELCOME BACK MEMBERS !!!!</p>	<p>1 SENIOR SHOPPING BY APPOINTMENT</p> <p>8:00 –4:00 Nutritionist</p> <p>9:00 Bocce</p> <p>10:45 Chair Yoga with Cyn</p>	<p>2</p> <p>8:00-4:00 Nutritionist</p> <p>9:00 Walk with Ease</p>	<p>3</p> <p>9:00 Meditation</p> <p>12:30 Bridge</p> <p>1:00 Knit and Crochet</p>	<p>4</p> <p>8:30 Scrabble</p> <p>8:45 Blended Yoga</p> <p>9:00 Walk with Ease</p> <p>10:00 Mah Jongg</p> <p>1:30 Hi-Lo Jack</p>
<p>7</p> <p>8:00-4:00 SHIP</p> <p>9:00 Walk with Ease</p> <p>10:00 Outside Chair Yoga with Marilyn</p>	<p>8 SENIOR SHOPPING BY APPOINTMENT</p> <p>8:00 –4:00 Nutritionist</p> <p>9:00 Bocce</p> <p>10:45 Chair Yoga with Cyn</p>	<p>9</p> <p>8:00-4:00 Nutritionist</p> <p>9:00 Walk with Ease</p>	<p>10</p> <p>12:30 Bridge</p> <p>1:00 Knit and Crochet</p>	<p>11</p> <p>8:30 Scrabble</p> <p>8:45 Blended Yoga</p> <p>9:00 Walk with Ease</p> <p>10:00 Mah Jongg</p> <p>1:30 Hi-Lo Jack</p>
<p>14</p> <p></p> <p>8:00-4:00 SHIP</p> <p>9:00 Walk with Ease</p> <p>10:00 Outside Chair Yoga with Marilyn</p>	<p>15 SENIOR SHOPPING BY APPOINTMENT</p> <p>8:00 –4:00 Nutritionist</p> <p>9:00 Bocce</p> <p>10:45 Chair Yoga with Cyn</p>	<p>16</p> <p>8:00-4:00 Nutritionist</p> <p>9:00 Walk with Ease</p>	<p>17</p> <p>WELCOME BACK CELEBRATION EVENT</p> <p>10:00 am-12:00 pm</p> <p></p> <p>12:30 Bridge</p> <p>1:00 Knit and Crochet</p>	<p>18</p> <p>8:30 Scrabble</p> <p>8:45 Blended Yoga</p> <p>9:00 Walk with Ease</p> <p>10:00 Mah Jongg</p> <p>1:30 Hi-Lo Jack</p>

21 FIRST DAY OF SUMMER 8:00-4:00 SHIP 9:00 Walk with Ease 10:00 Outside Chair Yoga with Marilyn	22 SENIOR SHOPPING BY APPOINTMENT 8:00 –4:00 Nutritionist 9:00 Bocce 10:45 Chair Yoga with Cyn	23 8:00-4:00 Nutritionist 9:00 Walk with Ease	24 10:00 Seminar– Diabetes and Depression 12:30 Bridge 1:00 Knit and Crochet	25 8:30 Scrabble 8:45 Blended Yoga 9:00 Walk with Ease 10:00 Mah Jongg 1:30 Hi-Lo Jack
28 8:00-4:00 SHIP 9:00 Walk with Ease 10:00 Outside Chair Yoga with Marilyn	29 SENIOR SHOPPING BY APPOINTMENT 8:00 –4:00 Nutritionist 9:00 Bocce 10:45 Chair Yoga with Cyn	30 8:00-4:00 Nutritionist 9:00 Walk with Ease	JUNE 20th 	



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The Mourner's Bill of Rights

by Alan D. Wolfelt, Ph.D.

Though you should reach out to others as you do the work of mourning, you should not feel obligated to accept the unhelpful responses you may receive from some people. You are the one who is grieving, and as such, you have certain "rights" no one should try to take away from you.

The following list is intended both to empower you to heal and to decide how others can and cannot help. This is not to discourage you from reaching out to others for help, but rather to assist you in distinguishing useful responses from hurtful ones.

1. You have the right to experience your own unique grief.

No one else will grieve in exactly the same way you do. So, when you turn to others for help, don't allow them to tell what you should or should not be feeling.

2. You have the right to talk about your grief.

Talking about your grief will help you heal. Seek out others who will allow you to talk as much as you want, as often as you want, about your grief. If at times you don't feel like talking, you also have the right to be silent.

3. You have the right to feel a multitude of emotions.

Confusion, disorientation, fear, guilt and relief are just a few of the emotions you might feel as part of your grief journey. Others may try to tell you that feeling angry, for example, is wrong. Don't take these judgmental responses to heart. Instead, find listeners who will accept your feelings without condition.

4. You have the right to be tolerant of your physical and emotional limits.

Your feelings of loss and sadness will probably leave you feeling fatigued. Respect what your body and mind are telling you. Get daily rest. Eat balanced meals. And don't allow others to push you into doing things you don't feel ready to do.

5. You have the right to experience "griefbursts."

Sometimes, out of nowhere, a powerful surge of grief may overcome you. This can be frightening, but is normal and natural. Find someone who understands and will let you talk it out.

6. You have the right to make use of ritual.

The funeral ritual does more than acknowledge the death of someone loved. It helps provide you with the support of caring people. More importantly, the funeral is a way for you to mourn. If others tell you the funeral or other healing rituals such as these are silly or unnecessary, don't listen.

7. You have the right to embrace your spirituality.

If faith is a part of your life, express it in ways that seem appropriate to you. Allow yourself to be around people who understand and support your religious beliefs. If you feel angry at God, find someone to talk with who won't be critical of your feelings of hurt and abandonment.

The Mourner's Bill of Rights Cont.

8. You have the right to search for meaning.

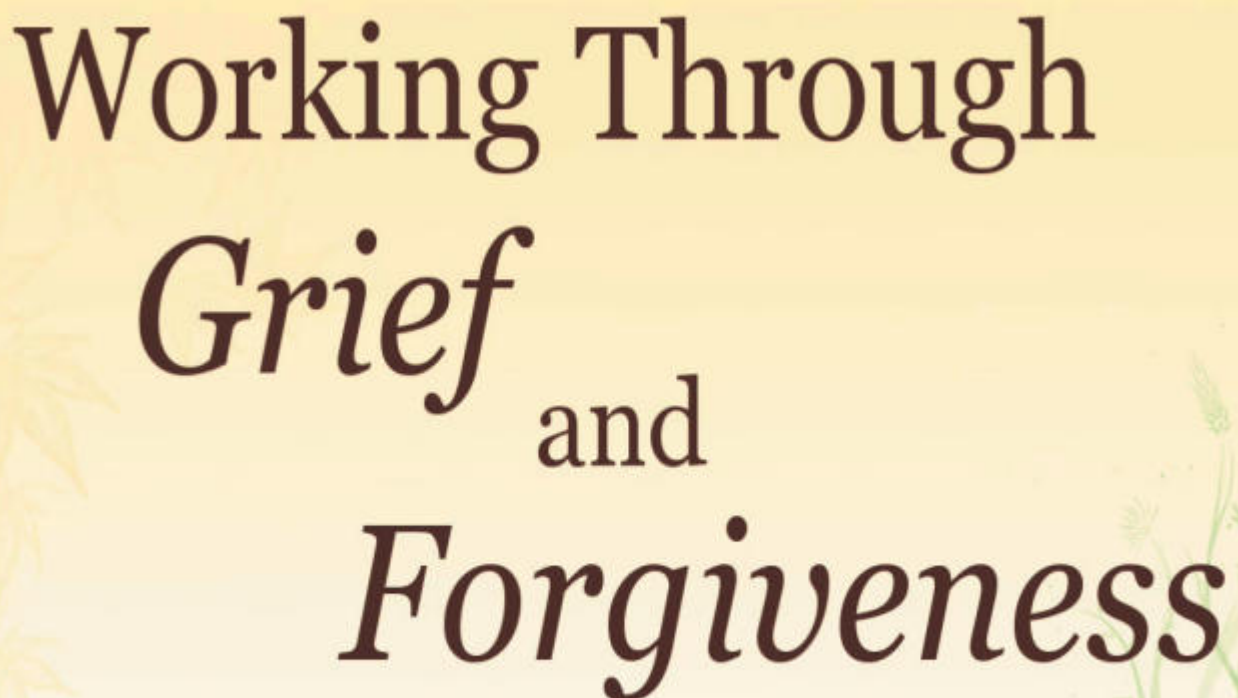
You may find yourself asking, "Why did he or she die? Why this way? Why now?" Some of your questions may have answers, but some may not. And watch out for the clichéd responses some people may give you. Comments like, "It was God's will" or "Think of what you have to be thankful for" are not helpful and you do not have to accept them.

9. You have the right to treasure your memories.

Memories are one of the best legacies that exist after the death of someone loved. You will always remember. Instead of ignoring your memories, find others with whom you can share them.

10. You have the right to move toward your grief and heal.

Reconciling your grief will not happen quickly. Remember, grief is a process, not an event. Be patient and tolerant with yourself and avoid people who are impatient and intolerant with you. Neither you nor those around you must forget that the death of someone loved changes your life forever.



Working Through
Grief and
Forgiveness

East Providence Senior Center Café

Soon We Can Break Bread Together Once Again!

IN-PERSON DINING TO RESUME

**Starting
July 12th**

Delivery of lunches will end on June 30th.

Please note however, Grab and Go Lunches will continue to be served until Friday, July 9th.

Are you able to pick up your Grab and Go Lunch?

With the lifting of Covid-19 restrictions, starting on June 1st, we are asking all those who are able to pick up their Grab and Go lunch at the Senior Center to notify our Dining Manager, Cindy at 401-270-1814.

What if I don't drive and still need a lunch?

Please contact Cindy at 401-270-1814 by June 16th

Are you homebound?

If you are currently receiving delivery of our Grab and Go lunches and are homebound, please contact Cindy at 401-270-1814 who will assist you with a referral to the Meals on Wheels program before June 30th.

A suggested donation: \$ 3.00 per meal will help sustain the program. Checks can be made out to EBCAP .

Mail checks to: East Providence Senior Center
610 Waterman Ave., East Providence RI 02914



Osteoporosis & Bone Health

URI Pharmacy Outreach Communication

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PHARMACY

Lifestyles that can increase risk of Osteoporosis

- Smoking
- Large alcohol intake
- Low calcium intake
- Low vitamin D intake
- Low physical exercise

To read the latest information about coronavirus (COVID-19) in Rhode Island, visit the Rhode Island Department of Health website:

<https://health.ri.gov/covid/>

or call the COVID-19 Info Line at **401-222-8022**

Osteoporosis is a condition where **the bones become weak and fragile**. Osteoporosis occurs in over half of US adults over the age of 50. Osteoporosis-related fractures or breaks in the bone occur in about one in two women and one in five men with osteoporosis. The most common reason for fractures in people with osteoporosis is falls, but can occur with every day activities.



Below are ways to maintain healthy bones and prevent osteoporosis



Lifestyle Factors

- Regular weight-bearing exercise
 - Walking
 - Jogging
- Regular muscle strengthening exercises
 - Weight training
 - Yoga
- Avoid smoking and reduce alcohol intake

Fall Precautions

- Avoid medications that can make you very drowsy or sleepy like Benadryl
- Assess home safety
 - Assure good lighting
 - Add hand rails on stairs
- Assess floor safety
 - Minimize throw rugs, clutter, and cords
 - Use non-slip treads on stairs
- Use storage at reasonable heights
- Assess bathroom safety
 - Install safety bar
 - Add non-slip mats in room and shower

Calcium and Vitamin D Intake

- Main source of calcium should be through diet and food
 - Supplements or tablets bought in the pharmacy can be added if diet is not enough
 - Calcium supplements can cause constipation
- Vitamin D helps the body use the full amount of calcium from food or taken from supplements
 - Vitamin D can be obtained from food and additional supplements if needed found in the pharmacy

There are also medications for the treatment of osteoporosis. Talk to your doctor about your options for treatment if you have been diagnosed with osteoporosis.

CHAIR YOGA

Take it outside program
Mondays at 10:00 am

Join us on the front lawn of the East Providence Senior Center for chair yoga. Get a great workout for mind and body without leaving your chair.

Instructor: Marilyn Thetonia
Certified Yoga Instructor
Call 401-435-7800 to register



No Cost for East Providence Senior Center Members



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June Menu 2021

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Funded in part by the US administration on aging and state funds by the Rhode Island Department of Elderly Affairs.</i>	1 Juice Corned Beef on Rye w/ Mustard Chips Cookie Milk	2 Juice Tuna Salad on Pretzel Roll Kettle Chips Fruit Milk	3 Juice Grilled Chicken on Wheat Roll Chips Graham Snack Milk	4 Juice Seafood Salad on Oatmeal Bread Chips Fruit Milk
7 Juice Buffalo chicken Salad on Oatnut Bread Chips Mixed Fruit Cup Milk	8 Juice Ham & Cheese on Wheat w/ Mustard Chips Chocolate Chip Cookies Milk	9 Juice Meatloaf Sandwich on Oat Bread w/ Ketchup Corn Chips Fruit Milk	10 Juice Sliced Chicken w/ Mayo on Wheat Bread Chips Yogurt Milk	11 Juice Egg Salad on a Croissant Roll Chips Cookies Milk
14 Juice Meatballs w/ Sauce on a Grinder Roll Chips Pudding Milk	15 Juice Turkey Salad on Multi Grain Bread Pretzel Cookies Milk	16 Juice Italian Style Chicken on a Roll w/ Mayo Chips Peaches Milk	17 Juice Tuna Salad Tossed Salad w/ Dressing Pita Bread Cookies Milk	18 Juice Roast Beef & Cheese on Multi Grain w/ Mayo Chips Fruit Cup Milk
21 Juice Hamburger on a Roll w/ Ketchup & Mustard Chips Pudding Cup Milk	22 Juice Crab Cake on Wheat Roll w/ Tartar Sauce Broccoli Slaw Brownie Milk	23 Juice Sliced Turkey & Cheese on a Roll w/ Mayo Chips Fruit Milk	24 Juice Low Sodium Hot Dog on a Roll w/ Relish Pretzels Lorna Doones Milk	25 Juice Italian Tuna on Oat Nut Chips Cookies Milk
28 Juice Ham Salad on a Croissant Chips Cookies Milk	29 Juice Grilled Chicken Tossed Salad w/ Italian Dressing Pita Bread Milk	30 Juice Shrimp Salad on Pita Chips Pudding Milk	<i>Funded in part by the US Administration on Aging and state funds by the Rhode Island Office of Healthy Aging.</i>	
				

All menu items may contain
Nuts, seeds, beans, wheat bran,
and other allergens
Menu Subject to Change

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