

East Providence Senior Activity Center

**GOOD CHEER
GOOD FRIENDS
GOOD LUCK**

©LPI

MARCH 2021

Letter from the Mayor:

I would like to take this time to thank all of our volunteers, members of our City of East Providence staff, especially members of the East Providence Fire Dept. and Recreation and Senior Center staff who have worked tirelessly in assisting with the success of our Covid-19 Vaccination Clinics. Thank you to all of our residents for your continued patience and understanding in our efforts to distribute vaccines in a safe, equitable and timely manner. Please continue to access the City's website: <https://eastprovidenceri.gov/COVID-19> for the latest Covid-19 response efforts. Thank you for all of the emails, calls and notes of thanks. I continue to share them with our staff.

I wish you all a Happy St. Patrick's Day. Stay safe, stay healthy and keep smiling.

Sincerely,

Mayor Bob DaSilva



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

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 join
contact Susan at



Susanabayley@icloud.com
Susan will send you an
invite. No Cost

**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.

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SHAHNEE LAGOR

Healthy Aging Nurse Coordinator

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slagor@eastprovidenceri.gov



Dear Members,

Thank you for welcoming me to the East Providence

Senior Center. I am thrilled to be part of this amazing community and to help promote, encourage and support healthy living in the City of East Providence. My professional background includes over 7 years in acute care hospital nursing as well as community and homecare nursing. I hope to take the experience gained in those settings and use them at the Senior Center to help inspire all of you to live happy, healthy and purposeful lives. Once the Senior Center is re-opened to the public, I am hoping to meet with each and every one of you to formally introduce myself and discuss some of your own personal health concerns. Together we can accomplish great things and find new ways to live life WELL.

Sincerely,

Shahnee Lagor, BSN, RN-BC
Healthy Aging Nurse Coordinator

WELLNESS

IS STIGMA KEEPING YOU FROM GETTING A HEARING AID?

According to the National Institute on Deafness and Other Communication Disorders, only one out of five people who could benefit from a hearing aid wear one. Some simply don't know that they need one. Others don't want to feel old.

But much of the stigma surrounding hearing aids rings false. Siemens Hearing Instruments, (www.medical.siemens.com), one of the largest manufacturers of hearing aids in the world, busts the following myths about hearing aids:

Myth #1: Hearing Aids Will Make Me Look Old

Modern hearing aids are sleeker, better-looking, and more effective than the clunkers you remember your grandparents wearing. And nothing makes you seem old like constantly asking people to repeat themselves or speak louder.

Myth #2: Hearing Aids Will Make Me Hear Screeching Noises

This problem, called "feedback," is caused when the microphones in the hearing aid amplify one another. Some hearing aids offer features that prevent feedback. For example, Siemens offers a line of hearing aids equipped with BestSound Technology, which features a feedback stopper.

Myth #3: My Hearing's Not Bad Enough for Hearing Aids

Actually, it's better to start wearing hearing aids at the first sign of hearing loss. If your brain gets used to not processing sounds, you will have a harder time adjusting when you do get a hearing aid.

Myth #4: Hearing Aids Won't Work for Me

You may have heard friends say that they gave up on hearing aids, but that doesn't mean the devices won't

work for you. Look for hearing aids that offer a wide range of features that might be right for different listening situations. For example, Siemens BestSound Technology offers special features for automatically focusing in different directions and learning your preferences for different environments.

Myth #5: Hearing Aids Will Make My Hearing Worse

A properly fitted and maintained hearing aid will not damage your hearing. Visit an audiologist to make sure you purchase a hearing aid that will work for you.

(Courtesy of NewsUSA)

MARCH | 2021

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Daylight Saving Time begins on Sunday, March 14, 2021 at 2:00 A.M. On Saturday night, set your clocks forward one hour (i.e., losing one hour) to "spring ahead."



TAX SEASON IS HERE
APRIL 15th is the deadline to file





Age-Friendly
RHODE ISLAND

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

Check out the Age-Friendly Virtual Community Center
March 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

The Mechanical Doctor

A mechanic was removing a cylinder head from the motor of a motorcycle when he spotted a well-known heart surgeon in his shop.

The mechanic shouted across the garage, "Hey Doc, can I ask you a question?"

The surgeon, a bit surprised, walked over to the mechanic.

The mechanic straightened up, wiped his hands and said, "So Doc, look at this engine. I open its heart, take valves out, fix them and put 'em back in. When I finish, it works just like new. So how come I get such a small salary, and you get the really big bucks, when you and I are doing basically the same work?"

The surgeon paused, smiled, and said, "Try doing it with the engine running."

RECIPE OF THE MONTH



GRILLED BUTTERMILK CHICKEN

Prep time: 10 minutes | **Cook time:** 16 minutes | **Servings:** 4

- 1-1/2 cups buttermilk
- 1 tablespoon mustard powder
- 1 tablespoon Sriracha
- 2 teaspoons minced garlic
- 2 teaspoons paprika
- 4 chicken drumsticks, bone in, skin on
- 4 chicken thighs, bone in, skin on
- Vegetable oil, for grill
- 1/4 cup chopped fresh parsley
- 1 lemon, cut into wedges (optional)

In medium bowl, **whisk** buttermilk, mustard powder, Sriracha, garlic and paprika.

Place chicken in large zip-top bag; pour buttermilk mixture over chicken. Seal bag and refrigerate 2 hours or overnight.

Heat outdoor grill for direct grilling over medium heat. Remove chicken from marinade, shaking off excess; discard marinade. Lightly oil grill grates. Transfer chicken to grill and cook, turning occasionally, 16-18 minutes, or until internal temperature reaches 165 F.

Transfer chicken to serving platter. Sprinkle with parsley and serve with lemon wedges, if desired.

Recipe courtesy of Lori Yates of Foxes Love Lemons on behalf of Milk Means More

Find more refreshing meal solutions at milkmeansmore.org.

(Courtesy of Family Features)

MARCH | 2021

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ARTICLE OF THE MONTH

HOW TO AGE WITH OPTIMISM

Having a “glass half full” approach to life has long been considered important for overall wellness. But evidence suggests that there may be truth in this folk wisdom.

Humana recently surveyed 2,000 people aged 60 and over and found that 87 percent of seniors who identify themselves as “most optimistic” reported their health as good to excellent. This is compared to 44 percent for those who said they’re “least optimistic.”

Also, the most optimistic people reported nine fewer physically unhealthy and seven fewer mentally unhealthy days per month than their least optimistic counterparts.

Seniors who rated themselves as most optimistic also reported positively on other attributes linked to health, including sleep, confidence, and overall happiness.



- 91 percent of the most optimistic respondents reported feeling confident in the past week, while only 52 percent of the least optimistic respondents did, a difference of 39 percentage points.
- 90 percent of the most optimistic respondents reported feeling happy in the past week compared to 44 percent of the least optimistic respondents, a difference of 46 percentage points.
- Only 31 percent of the most optimistic respondents reported getting a restless night's sleep in the past week, while 62 percent of the least optimistic respondents did, another difference of 31 percentage points.

Despite these impressive numbers, having an optimistic mindset is often easier said than done. The stresses of life, social stereotypes, and one's natural temperament can all impede approaching aging with optimism.

Dr. Yolangel Hernandez Suarez, Humana vice president and chief medical officer for care delivery, has the following advice for anyone struggling to stay on the sunny side of life:

- 1. Take ownership** and recognize that your health is your own. To achieve your best health, you need to set personal goals, just for you.
- 2. Engage** with your doctor or other health care professional and build a trusting relationship.
- 3. Find a higher purpose** that makes you excited to get up in the morning. Humana's survey found that the majority of respondents (86 percent) who identify as optimists also rank a sense of purpose as an important attribute for aging.
- 4. Remain socially engaged**, not isolated, and nurture close relationships. The importance of social engagement is recognized by the 71 percent of Humana

survey respondents who identify as optimists and get together with friends or relatives either monthly or weekly. Further, 80 percent of optimists say maintaining an active social life is an important motivator to stay healthy.

5. Stay active and remember that physical activity is important. Find something that's right for you and that you like to do. Almost all of the most optimistic survey respondents (97 percent) say remaining physically active is a major motivator for retaining good health.

6. Practice gratitude and make it a habit to look for and appreciate everything you're thankful for in life.

(Courtesy of NewsUSA)

MARCH

HOROSCOPES

ARIES March 21 - April 19

Being of service to others is important, Aries, but make sure that you're taking care of yourself, too. Turn up the heat and let yourself expand into other worlds today. There may be an extra amount of dramatic flair that goes along with the events of the day, so participate in the absurd. This may be exactly the break from reality that you were hoping to find.

TAURUS April 20 - May 20

If there is an imbalance in your relationship with someone close, it's important to take a stand now, Taurus. Make sure you speak your mind with conviction. The stakes are higher when people's egos are involved, as they will be today. You're the air that fuels the fire, so be careful of which way you direct your energy.

GEMINI May 21 - June 20

There could be a great deal of friction in your world today, Gemini, as stubborn minds aggressively come into conflict with each other. Be careful how you treat others, because feelings are likely to be hurt if you're insensitive. Others may look tough, but deep down they're just as soft as you are. Think twice about using your aggressive nature at the expense of others.

CANCER June 21 - July 22

Things should go nicely for you today, Cancer. You will find that the brighter you shine, the more prosperity will come your way. Things should flow smoothly, and your mind will be clear and strong. There is a marked aggressiveness to your nature that is powerful and effective. Use this to your advantage and try to bring others up to your level instead of making them feel like they're beneath you.

LEO July 23 - August 22

You may need to make some mental adjustments in order to get on the same wavelength as other people today, Leo. You may not see what all the fuss is about. Don't take things too seriously and don't feel like you need to make sense of every detail that presents itself. Some things are best left unknown. Enjoy the diversity in your world and respect the differences in other people's approaches.

VIRGO August 23 - September 22

There may be important lessons about balance that come up today, Virgo. Make sure you're ready to handle the fire, because it will be coming at you. Egos are large, and everyone is going to have an opinion on everything. Tension may exist, but this doesn't mean you should back down from your position. Be flexible and understanding, but don't necessarily assume that you're wrong.

LIBRA September 23 - October 22

The events of the day might leave you feeling a bit confused and bewildered, Libra. Perhaps you're feeling like you aren't getting the attention you feel you deserve. You may wonder why the one thing you want the most may be the one thing you can't have. You have more than you think you do. No one wants to be with someone who's moping and depressed. Let your internal light shine brightly.



SCORPIO October 23 – November 21

This is a terrific day for you, Scorpio. You will find that your mind and your urge for action are on the same page. The fire within you is raging hot. Use this aggressive internal urge to tackle projects that require courage, strength, and a flair for the dramatic. You will find that you're more than able to accomplish everything you want to accomplish today.

SAGITTARIUS November 22 – December 21

Feel free to be a bit more selfish than usual, Sagittarius. You might find yourself turning inside out in order to get your point across. Attend to your dreams and ambitions and let your voice be heard by the crowd. Don't be surprised if you meet opposition, but don't take this as a sign that you should back down. Stand up for your needs!

CAPRICORN December 22 – January 19

You might find that your desire to conquer is active today, Capricorn, and that your mind is right in line with the urge to take action. Listen to this and stoke the internal fire. You will find that you can increase your circle of influence by a great deal as long as you're willing to take a decisive risk in how you approach every situation. Be bold and courageous in your actions.

AQUARIUS January 20 – February 18

You might find it necessary to give yourself a bit of self-healing, Aquarius. Other people may want your attention, looking for advice and help with their own sob stories, when in reality you have your own matters to take care of. Attend to these today. Be a bit selfish if you have to. Make sure you attend to your own needs.

PISCES February 19 – MARCH 20

This is a terrific day for you, Pisces. You can accomplish a great deal when you set your mind in motion. There's a strong, warlike instinct within you that's fired up and ready to fight. Leave your worries at the doorstep, because there's no need to hesitate on a day like this. Your kingdom is ready for you. Be strong and remember that the best way to lead people is to walk behind them.

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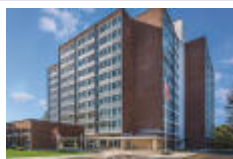
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04-0741



Protect Yourself

AVOID COVID-19 Vaccine Scams

As COVID-19 vaccine distribution begins, here are signs of potential scams:

- You are asked to pay out of pocket to get the vaccine.
- You are asked to pay to put your name on a vaccine waiting list or to get early access.
- Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources.
- Marketers offering to sell or ship doses of the vaccine for payment.
- ✓ **Protect Yourself. Do not give out your personal information to unknown sources.**

! If you believe you have been the victim of COVID-19 fraud, immediately report it to:

- HHS-OIG Hotline: **1-800-HHS-TIPS** | tips.hhs.gov
- FBI Hotline: **1-800-CALL-FBI** | ic3.gov
- CMS/Medicare Hotline: **1-800-MEDICARE**



For accurate, up-to-date information about COVID-19, visit:

oig.hhs.gov/coronavirus
fbi.gov/coronavirus
justice.gov/coronavirus



HHS
Office of
Inspector
General



Federal
Bureau of
Investigation



Department
of Justice





BICYCLE REPAIR PROJECT

Are you mechanically inclined?

Are you interested in giving back to your community?

Looking for Senior volunteers who would like to repair bicycles. Refurbished bicycles will be donated to East Providence residents in need of a bike.

Please contact the E. Prov. Senior Center at 401-435-7800 for more information.

SENIOR SHOPPING SERVICE



Come join us for a safe shopping excursion.

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.

Why We Eat Zeppole on Saint Joseph's Day

March 19th is Saint Joseph's Day, aka the Feast of Saint Joseph. It's also recognized as Father's Day in many countries, including Italy. All the best holidays in Italy are closely associated with a specific food.

Every St. Joseph's Day, bakeries everywhere crank out millions of the little pastries.

The first mention of something resembling a zeppole comes from an Egyptian traveler in Tunisia around 1460. He wrote of something called mujabbana. The description of a fried dough filled with cheese and sprinkled with sugar is similar to zeppole. This treat came from northern Africa as the migration of food to Italy, Spain, and Malta from Tunisia, Algeria, and Egypt was common.

In the early 1800's a baker from Naples, Pasquale Pintauro, popularized the custom of eating zeppole on Saint Joseph's Day. However, Pasquale's sweet treat probably more closely resembled the sfogliatella, which has a must crispier crust.

Rhode Island has one of the largest Italian-American populations per capita in the U.S. There are a ton of great Italian bakeries if you choose to indulge in this sweet treat.



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



14

Slow Cooker Corned Beef and Cabbage

Prep time: 10 minutes

Cook time: 8 hours

Servings: 12

8 small red potatoes

2 cups baby carrots

1 small onion, quartered

1 corned beef brisket (4 pounds), rinsed and trimmed

2 tablespoons McCormick Mixed Pickling Spice

1 teaspoon McCormick Minced Garlic

1/2 head cabbage, cored and cut into wedges

ST. PATRICK'S DAY DINNER



Place potatoes, carrots and onion in slow cooker. Place corned beef brisket over vegetables. Sprinkle with pickling spice and minced garlic. Add enough water (about 8 cups) to just cover meat. Cover.

Cook 7 hours on high. Add cabbage. Cover. Cook 1–2 hours on high or until cabbage is tender-crisp.

Remove corned beef brisket to serving platter. Slice thinly across grain. Serve with vegetables.

Tip: For best results, do not remove cover while cooking in slow cooker.

(Courtesy of Family Features)

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March Menu 2021

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Juice Ham & Cheese on Marble w/mustard Chips Fresh Fruit Milk	2 Juice Chicken Salad on Pita Chips Jello Milk	3 Juice Meatballs w/Marinara Sauce on a Roll Chips Granola Bar Milk	4 Juice Roast Turkey w/Cheese on Bulky Roll w/Mayo Chips Chocolate Chip Cookies Milk	5 Juice Italian Tuna on Multi Grain Pretzels Pudding Milk
8 Juice Hamburger on a Roll w/Ketchup, Mustard & Relish Chips Fruit Milk	9 Juice Egg Salad on a Croissant Chips Fresh Fruit Milk	10 Juice Beef Bologna w/Cheese on Wheat w/Mustard Tortellini Salad Cookies Milk	11 Juice Sliced Turkey & Cheese on a Roll w/Mayo Chips Fruit Milk	12 Juice Seafood Salad on Oat Nut Chips Fresh Fruit Milk
15 Juice Italian Style Chicken on Roll w/Mayo Chips Yogurt Milk	16 Juice Chicken Salad w/Walnuts & Cranberries on Multi Grain Nachos Chips Pudding Milk	17 Juice Corned Beef & Swiss on Rye w/Mustard Chips Fresh Fruit Milk	18 Juice Ham Salad on Oatmeal Bread Chips Fresh Fruit Milk	19 Juice Crab Cake on Wheat Roll w/Tartar Sauce Broccoli Slaw Brownie Milk
22 Juice Egg Salad on Wheat Bread Chips Fruit Cup Milk	23 Juice Meatloaf on Oatnut Bread Tomato/Cucumber Salad Chips Pudding Cup Milk	24 Juice Grilled Chicken on Oatnut Bread w/Mayo Side Salad w/Dressing Fruit Milk	25 Juice Roast Beef & Cheese on Oatnut Bread w/Mustard Harvest Cheddar Chips Mixed Fruit Milk	26 Juice Tuna Salad on Pumpernickel Chips Lorna Doone Milk
29 Juice Meatball Sub Three Bean Salad Fruit Milk	30 Juice Grilled Chicken w/Lettuce & Tomato, Cucumber w/Dressing Whole Wheat Roll Yogurt Milk	31 Juice Hamburger on Roll w/Ketchup & Mustard Chips Pudding Cup Milk	<i>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens Menu Items are Subject to Change</i>	<i>Funded in part by the US administration on aging and state funds by the Rhode Island Department of Elderly Affairs.</i>