

Robert Rock Senior Center



610 Waterman Avenue
East Providence, RI 02914
401.435.7800
Fax: 401.563-7024
www.eastprovidence.ri.gov

March 2023

Senior Center Services

Elder Resource Specialist
Amanda Mattress

Monday-Friday 401-270-1788

Healthy Aging Nurse Coordinator

Shahnee Lagor, BSN, RN-BC

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

Registered Dietitian

Ann Marie, Sabula, MA, RDA, LDN, CDE, CDOE

Office hours: Tuesdays and Wednesdays by appointment

Call 401-447-6299

Eastside Clinical Laboratory Transportation

When: The first Wednesday of each month 8:30 am-11:30 am.

Call 401-435-7800 to register for transportation.

Notary Public

Pat Thomas, Receptionist

M-F 9:00 am-12:00 pm 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 and Shop or Shaw's in East Providence.

Open to Seniors living in East Providence.

SHIP Counseling

By Appointment Only- Call 401-435-7876 x1137

Veteran Benefit Counseling

Every Monday at the Senior Center by Appointment.

Michael- 401-208-5484

Staff

Laura Jones

Director

ljones@eastprovidenceri.gov

Shahnee Lagor

Healthy Aging Nurse Coordinator

slagor@eastprovidenceri.gov

Amanda Mattress

Elder Resource Specialist

amattress@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

Ed Lachance Jr.

Transportation:

Joe Serodio

Christopher Januario

Dennis Price

Tom Taylor

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 disabled persons in the East Providence area.



Message from the Mayor:

With winter weather tapering off, many of us are going to be spending more time outside, especially with our pets. I would like to make you all aware of a rabies clinic being held on March 12, 2023 9AM-12PM at the Fuller Learning Center here in East Providence. Please take a look at our city calendar for more information.

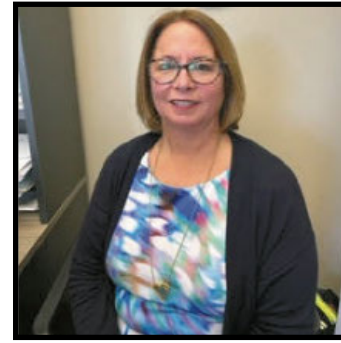
Read more about the Rabies Clinic here:
https://eastprovidenceri.gov/sites/default/files/field/files-docs/calendar/my_project-1_91.png

I would also like to let residents know that after a successful pilot program in 2022, the City is again offering free trees to East Providence homeowners through the Setback Tree Planting Program this spring. The goal of the program is to plant shade trees on private property where trees have more room to grow and a better chance of survival while providing a number of benefits. Click the link to read more about the Setback Tree Planting Program:

<https://eastprovidenceri.gov/departments/parks/city-trees>

Sincerely,

Mayor Bob DaSilva



Letter from the Director:

Letter from the Director:

Spring is right around the corner! Daylight savings time is March 12, 2023. It is almost time to ‘spring forward!’ I am really looking forward to the spring this year to admire our beautiful landscape in front of the Senior Center, and see everything come to bloom. Take a look at our newsletter where you will find new great events and presentations happening at the Senior Center in March. Thank you to everyone who came to our first movie showcase in February. It was a big crowd and we received great feedback. Please join us on Monday, March 13 at 1pm as we will be showing ‘A League of Their Own’ in celebration of Women’s History month. We will provide a late bus for those who wish to attend. Hope to see you there! Please mark your calendars for an upcoming AARP Safe Driving Course being offered April 17th 11 am –4 pm at the East Providence Senior Center. For more information or to sign up call the Center at 401-435-7800.

Best,

Laura Jones

Robert Rock East Providence Senior Center

-Advisory Group-

Judy Phillips
Jim Phillips
Ken Goucher
Donald Senna

Jan Kinder
Ann Fagundes
Elaine Robinson
Dick Wood

DAYS TO REMEMBER IN MARCH:

March 12– Daylight Savings Time
March 17– St. Patrick’s Day
March 20– First Day of Spring



Have you Seen the New Display Case in the Lobby Area?

Thank you East Providence Library for donating the display case to the Senior Center. It was a perfect addition to our lobby area!

Take a look at the display case as new showcases will be featured monthly! If you would like to feature your collection in the display case, please contact Betty Viera at evieira@verizon.net

DO YOU NEED TO HAVE BLOOD WORK DONE, BUT DO NOT HAVE TRANSPORTATION TO DO SO?

Beginning once a month, Gilbert (Community Health Worker) will be available to transport folks to the East Side Clinical Lab for anyone who needs transportation to get lab work done. **This is in place of East Side Clinical lab coming directly to the Senior Center.**

Transportation will be from the Senior Center, to East Side Clinical Lab, and back to the Senior Center.

If you are interested in taking advantage of this service, please contact the Senior Center to register. 401-435-7800.

Registration is required.

DID YOU KNOW?

Blood Pressure Checks are Available at the Senior Center Twice a Month!

March 14, 2023 10:30AM

Grace Barker coming to the Senior Center to assist with Blood Pressure checks.

March 28, 2023 10:30AM

Hattie Ide Chaffee coming to the Senior Center to assist with Blood Pressure checks.



BINGO INFORMATION:

EVERY TUESDAY

\$6.00 per card

Doors Open at 1:00PM, Games start at 1:30PM

Dabbers are sold at the Senior Center-\$1.00ea

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.



-CRAFT CLUB-

March 20, 2023

10:15AM

Supply list for upcoming craft is located at the Coffee Bar near the front desk.

Do you enjoy making crafts? Do you enjoy meeting new people? If you answered YES, craft club is a great fit for you!

Join us on Monday, March 20, 2023 10:15AM to participate and learn more! Register at the coffee bar near the front desk by 3/13/23.

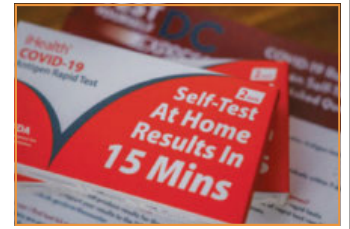
COVID-19 UPDATES

VACCINATIONS/COVID TESTING:

HOME COVID-19 TESTS DELIVERED TO YOU FOR FREE!

COVIDTESTS.GOV

See Gilbert, The Senior Center Community Health Worker to get assistance in ordering your free at home COVID tests delivered for free to your doorstep!



COVID TESTING/COVID VACCINES

IF YOU NEED ASSISTANCE BOOKING YOUR COVID TEST OR COVID VACCINE, PLEASE SEE GILBERT!

COVID testing and COVID vaccines are done at the following local pharmacies: Walgreens, CVS, Walmart. Appointments must be scheduled online.

Do not have a computer? No problem! Gilbert will assist you with booking online.



FACTS ABOUT THE COVID VACCINES



Will a COVID-19 vaccination protect me from getting sick with COVID-19?

YES COVID-19 vaccines work by teaching your immune system how to recognize and fight the virus that causes COVID-19.

Can a COVID-19 vaccine make me sick with COVID-19?

NO None of the authorized COVID-19 vaccines in the United States contains the live virus that causes COVID-19. This means that a COVID-19 vaccine cannot make you sick with COVID-19.

After getting a COVID-19 vaccine, will I test positive for COVID-19 on a viral test?

NO The vaccines authorized in the United States can't cause you to test positive on viral tests, which are used to see if you have a current infection.

If I have already had COVID-19 and recovered, do I still need to get vaccinated with a COVID-19 vaccine?

YES There are severe health risks associated with COVID-19 and reinfection with COVID-19 is possible, particularly from new forms (or variants) of the virus that causes COVID-19. You should get vaccinated even if you've already had the virus.

For more information, visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Get Vaccinated:
#StopTheSpread of
Flu and COVID-19

Both vaccines can be given at the same time
Learn more: www.nfid.org



ARE YOU IN NEED OF A MASK OR AN AT HOME COVID TEST?

STOP BY THE HEALTH OFFICE

TO GRAB YOURS FOR FREE TODAY!



Health Related Programs:

BLOOD PRESSURE SELF MONITORING PROGRAM:

Take control of your blood pressure and learn what you can do to help reduce the risk of heart attack or stroke.

Call our Healthy Aging Nurse Coordinator Shahnee Lagor for more details on this great opportunity!

401-270-1792.

Blue Cross Blue Shield Strength and Balance classes to continue through the month of **March!**

Lower-body workout techniques to increase stability and improve balance. Incorporates exercises for strength, balance, endurance, and flexibility.

MONDAYS 10:30AM

NEW YEAR, NEW YOU: WALKING YOUR WEIGH TO A HEALTHIER YOU!

Join us for a healthy eating/weight loss series sponsored by Blue Cross Blue Shield RI!

The Robert Rock East Providence Senior Center is excited to announce a new weight-loss, healthy lifestyle change program starting March 1st. *This three month program aims to jumpstart weight-loss by increasing exercise and awareness of both intrinsic and extrinsic factors that affect weight.* We will hear from experts in weight management and healthy living. Join our Healthy Aging Nurse Coordinator every Wednesday for a weekly weigh in followed by a "Walk with Me Wednesday" walking program. After the walk stay for a health related lecture. Don't forget these classes count as a punch on the rewards cards.

Please sign up ahead of time for both the walking program and the educational classes.

March 1: Goal Setting 11:15am-12:15pm



The process of determining personal goals is very intentional. It creates accountability, and gets you motivated to live your happiest, healthiest life. We'll discuss setting goals, exploring motivation, defining smart steps, utilizing support, and overcoming barriers.

March 8: Walk with Me Wednesday 9-10am

RN Shahnee leads weigh-in followed by walking program at the Senior Center Nutrition for Healthy Living and Weight-loss with Registered Dietician Ann Marie **10-11am**



March 15: Walk with Me Wednesday 9-10am

RN Shahnee leads weigh-in followed by walking program at the Senior Center University of Rhode Island SNAP Ed Cooking class **1030-1130am**



March 22: Walk with Me Wednesday 9-10am

RN Shahnee leads weigh-in followed by walking program at the Senior Center Check-in and support group discussion **10-11am**



March 29: Walk with Me Wednesday 9-10am

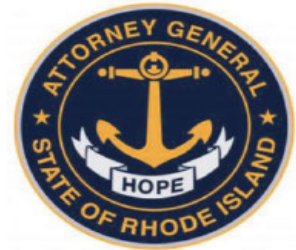
RN Shahnee leads weigh-in followed by walking program at the Senior Center **Change Your Ways to Change Your Weight 10-11am**

Learn how to achieve and maintain a healthy weight by taking control of bad habits and making permanent lifestyle changes. We'll investigate body mass index, evidence-based strategies for success, physical activity, and successful nutrition.





A huge **THANK YOU** to the RI Attorney General for coming to the Senior Center in February to present on the warning signs of scams. The turnout was great and the presentation was very informative. Thank you to Mayor Bob DaSilva for joining us as well!



COMMON SCAMS AND HOW TO SPOT THEM

Scammers can target you in a number of ways: via e-mail, phone, face to face, social media. Below are the top scams targeting older Americans:

- Phishing scams
- Imposter scams
- Grandparent scam
- Online romance scams
- Lottery/sweepstakes scams
- Online shopping scams
- Identity theft scams

Remember:

- Don't send money to anyone you just met or don't know personally.
- Never give out personal information over the phone.
- Government officials, including the IRS, will never call you and ask for personal information.
- Wiring money is the same as sending cash to someone.
- Give only to established charities when donating money.
- Consult your doctor before buying healthcare products or treatments.
- Be cautious if you are asked to pay using a gift card.
- Scammers may call impersonating your financial institution or subscription service to attempt to have you confirm your account information.



DID YOU KNOW?

1 in 9

Americans aged **60 or older** has been affected by a scam.

Older adults lose an estimated

\$3 BILLION

each year to financial scams.

Be A Savvy Scam Stopper

At Rhode Island Energy (RIE), we're trying to stop scammers who steal our name. We don't want them to steal from you.

High-pressure phone callers say we'll cut off power in an hour if you don't pay. (We won't.) Door-to-door solicitors claim to represent us. (They don't.) We've even heard reports of phishing emails that pretend to come from us.

When it comes to potential scam activity be aware of these tactics:

- Threats to immediately shut-off your service
- Requests for payment with a prepaid card or digital payment app
- Spam emails with lookalike logos or trademarks
- Caller ID displaying our phone number, but the caller sounds suspicious

Phone Scams

Phone callers who impersonate RIE give themselves away by doing two things we don't.

- They claim they'll cut off power immediately if they don't get paid.
- And, they pressure you to pay them by buying prepaid cards.

If we notice you haven't paid your bill recently, we will try reaching you multiple times before a connection is in jeopardy. You can always check your account status by logging on at RIEnergy.com or by calling us:

Electric customers call 1-855-743-1104

Gas customers call 1-855-743-1103

If you get a suspicious or threatening call – hang up and contact us directly.

Robert Rock Senior Center Activities

MARCH 2023

Mon	Tue	Wed	Thu	Fri
<p>Red Bolded activities count towards REWARDS CARDS!</p> <p>If you are interested in our rewards program, please visit the</p>		<p>1</p> <p>8A: Nutritionist 8:30A: East Side Clinical Lab Transports 10:45A: PACE Chair Exercise 11A: Goal Setting 1P: Cribbage</p>	<p>2</p> <p>9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10:45A: Tai Chi 12:30P: Bridge 1P: Knit & Crochet</p>	<p>3</p> <p>8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair 11A: Meditation w/ John 1:30P: Hi Lo Jack</p>
<p>6</p> <p>8A: VITA Tax Assist 8:30A: AARP Tax Assist 10:30A: BCBS Balance</p> <p><i>Veteran Benefit Counseling by appointment only*</i></p>	<p>7</p> <p>8A: Nutritionist 8A: VITA Tax Assist 9A: Nurse Hours 9:30A: Tai Chi 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga 1:30P: BINGO! 2P: Multimedia Art</p>	<p>8</p> <p>8A: Nutritionist 9A: Walk With Me Wednesday 10A: Nutrition Class 10:30A: Age Well, Get Connected 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p>9</p> <p>9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10:45A: Tai Chi 12:30P: Bridge 1P: Knit & Crochet</p>	<p>10</p> <p>8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair 11A: Meditation 1P: Insight Support Group 1:30P: Hi Lo Jack</p>
<p>13</p> <p>8A: VITA Tax Assist 8:30A: AARP Tax Assist 10:30A: BCBS Balance 1PM: Movie Showing: A League of Their Own</p>	<p>14</p> <p>8A: Nutritionist 8A: VITA Tax Assist 9A: Nurse Hours 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1:30P: BINGO! 2P: Multimedia Art</p>	<p>15</p> <p>8A: Nutritionist 9A: Walk With Me Wednesday 10A: URI SNAP ED 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p>16</p> <p>9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 12:30P: Bridge 1P: Knit & Crochet</p>	<p>17</p> <p>8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair Exercise 11A: Meditation 1:30P: Hi Lo Jack</p>
<p>20</p> <p>8A: VITA Tax Assist 8:30A: AARP Tax Assist 10:15A: Craft Club 10:30A: BCBS Balance</p>	<p>21</p> <p>8A: Nutritionist 8A: VITA Tax Assist 9A: Nurse Hours 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga 11A: Wheel of Fortune 1:30P: BINGO! 2P: Multimedia Art</p>	<p>22</p> <p>8A: Nutritionist 9A: Walk With Me Wednesday 10:45A: PACE Chair Exercise 1P: RSVP Meeting 1P: Cribbage</p>	<p>23</p> <p>9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 12:30P: Bridge 1P: Knit & Crochet</p>	<p>24</p> <p>8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg 10:30A: URI Pharmacy Outreach Presentation 10:45A: PACE Chair Exercise 1:30P: Hi Lo Jack</p>
<p>27</p> <p>8A: VITA Tax Assist 8:30A: AARP Tax Assist 10:30A: BCBS Balance</p> <p><i>Veteran Benefit Counseling by appointment only*</i></p>	<p>28</p> <p>8A: Nutritionist 8A: VITA Tax Assist 9A: Nurse Hours 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga Cyn 1:30P: BINGO! 2P: Multimedia Art</p>	<p>29</p> <p>8A: Nutritionist 9A: Walk With Me Wednesday 10:30A: BCBS Balance 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p>30</p> <p>9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 12:30P: Bridge 1P: Knit & Crochet</p>	<p>31</p> <p>8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair Exercise 11A: Meditation 1P: Podiatrist in House 1:30P: Hi Lo Jack</p>

Nurse and Nutritionist

Part time Nurse and Nutritionist are on site to assist you with any health related or dietary needs. Schedule an appointment with Shahnee or Ann Marie today to learn more about maintaining a healthy lifestyle. Check the daily activities page to set up an appointment today!

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.

SHIP Counseling

Visit one of our SHIP counselors on Fridays (by appointment only). SHIP counselors can help with Medicare/Medicaid enrollment, current plans, and future medical plans.

Smartphone Help

Learn tips and tricks on your smart phone. Learn more about text messaging, internet use, and apps right from your smartphone! Tuesdays 10:00AM-11:00AM. Free service.

Chair Yoga

Seated chair exercises are wonderful for your health and keeps the mind active. Learn easy chair exercises in this class that will help keep you active and comfortable. Tuesdays 10:45AM-11:45AM \$2.00 per class.

Multi-Media Art Class

Experience working with different mediums to create your own artwork! Tuesdays 2:00PM-3:00PM.

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. Free class.

Senior Shopping

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

Only offered to East Providence residents

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.

Certified Fitness Instructor- Robin

Not sure where to begin on your fitness journey? Visit the Fitness Center to meet Robin and create your individualized fitness plan!
Tuesdays 9:30A-11:30A
Thursdays 10:45A-12:45P

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. Thursday's 9:30A-10:30A \$2.00 per class.

Hi Lo Jack

A game of chance, visit us to play Hi Lo Jack weekly with other members of the community. Fridays 1:30PM-3:30PM.

Craft Club

Meets monthly. Participants are given the opportunity to explore various art-making activities. These activities allow participants to enhance their creative and visual skills. Fee is dependent on the monthly craft being done.

Cribbage, Bridge, Scrabble, Moh Jongg

Each game is offered weekly at the Senior Center and do not require registration. Take a look at our daily activities calendar to see which day we will be hosting these games weekly!

555 Pawtucket Ave., East Providence, RI 02914

434-3885

Perry/
McStay
FUNERAL HOME

JAMES P. MCSTAY

PAUL J. MARTIN

CHRISTOPHER E. SYLVESTER

PETER PIMENTEL



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Brian & Alessa

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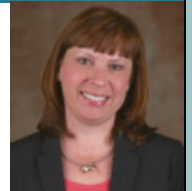
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LEN WALKER

Senior Agent

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Office: 401-378-5061

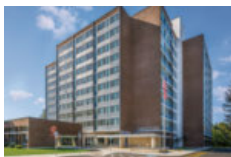
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Fax: 508-557-1824

lwalker@myhst.com

<https://myhst.com/agent/Leonard-Walker/>

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P 401.437.4450 F 401.438.1630 E dbazar@BazarLaw.com

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- ✓ Dental
- ✓ Hearing Aids
- ✓ Gym Membership



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Or visit our office at 75 Newman Avenue, Suite L1, East Providence, RI 02916

Representatives are Member Agents of WeCanHelpYou.Org

A 501(c)(3) non-profit organization

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.





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.



March 8, 2023 10:30AM



RHODE ISLAND OFFICE OF HEALTHY AGING STATEWIDE PARTNERSHIP WITH GETSETUP TO BRIDGE THE DIGITAL DIVIDE AND COMBAT SOCIAL ISOLATION:

As part of its digiAGE initiative, the Rhode Island Office of Healthy Aging (OHA) announced a partnership with GetSetUp, the largest and fastest-growing virtual social learning platform designed specifically for older adults, to help bridge the digital divide and combat social isolation for older adults in Rhode Island. The partnership provides live interactive classes on GetSetUp by older adults for older adults that are accessible at the click of a button.

Whether on a tablet in their own home or projected on a screen in a public library, older adults can utilize technology to learn technical skills or participate in enrichment-focused courses on healthy cooking, virtual travel, and more through GetSetUp.

**JOIN US ON THURSDAY, MARCH 16 1:00PM
PRESENTED AT THE ROBERT ROCK SENIOR CENTER**

Exploring Your Family History

Let's take a look at the history of your family. Where are you from? Where are your ancestors from? How do you find out more and dive deep into your family heritage? Together, in this Community Led Session, we learn about how we can

explore our own family history.
by Randy Dykhuis.



CELEBRATING WOMEN'S HISTORY MONTH:

Rosa Parks (1913-2005): Parks was the most prominent female face of the civil rights movement. In December 1955, Parks refused to give up her seat in the "colored section" of a bus to a white man and was charged with civil disobedience. She is known as "the mother of the freedom movement."

Marguerite Higgins (1920-1966): Higgins was a reporter and war correspondent for the New York Herald Tribune during WWII, the Korean War, and the Vietnam War. She advanced the cause of equal opportunity for female war correspondents and was the first woman awarded a Pulitzer Prize for Foreign Correspondence in 1951.

Coretta Scott King (1927-2006): The wife, and later widow, of Martin Luther King Jr. played an important role in preserving the legacy of the civil rights leader. Following his assassination in 1968, she founded the Martin Luther King Jr. Center for Nonviolent Social Change. She later lobbied for her late husband's birthday to be recognized as a federal holiday.

Sally Ride (1951-2012): A physicist and astronaut, Ride joined NASA in 1978. Five years later, in 1983, she became the first American woman to go to outer space.



Rosa Parks



Marguerite Higgins



Coretta Scott King



Sally Ride



We will be showing
A League of Their Own
In the Dining Room on:
MARCH 13, 2023 1:00PM
Popcorn will be served.



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. 6, 2023- APRIL 10, 2023.

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, 2023 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 \$60,000.00**. In 2023 we will have two tax preparation sites.

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.

**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:

GENERAL MEMBERSHIP:

Residents of East Providence: \$15.00/year
Non-residents: \$20.00/year

GENERAL MEMBERSHIP INCLUDING FITNESS CENTER:

Residents of East Providence: \$55.00/year
Non-residents: \$65.00/year

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

**WHEEL OF FORTUNE
MONDAY MARCH 21, 2023 11 AM**

Mark your Calendars

Join us for an upcoming presentation on the 3 most common health problems that send seniors to the emergency room.

Find out what you can do to stay well and out of the hospital. This 60 minute lecture will be lead by Charter Care Health Partners. Topics include Stroke, Congestive Heart Failure and COPD.

APRIL 5, 2023 9:30AM

URI SNAP ED

March 15, 2023
10:30AM



WE ARE BACK!

The East Providence Lions Club will be holding its *Annual Pancake Breakfast* at the Robert Rock/ East Providence Senior Center on **April 2, 2023**. It has been 3 long years since our last Breakfast due to COVID, and we are eagerly looking forward to see all our friends & sponsors once again.



Breakfast hours are from 7:30 to 11:30 am.
Prices are \$10 for adults and \$5 for children.
Pancakes, eggs, ham, home fries, etc. will be served.

Tickets are available through any Lions member or at the door. All proceeds benefit East Providence Lions Charities.



Easy Beef and Cabbage Dinner

Prep time: 15 minutes
 Cook time: 25 minutes
 Servings per recipe: 8
 Serving size: 1 cup
 Cost: \$11.36 per recipe, \$1.42 per serving



Ingredients

- 1 tablespoon vegetable oil
- 20 ounces (1¼ pounds) lean ground beef or turkey
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 small head cabbage, chopped
- 1 (28 ounce) can diced tomatoes, no salt added
- 1 (8 ounce) can tomato sauce
- ½ cup water
- 1 teaspoon black pepper
- ½ teaspoon salt

Directions

- 1) In a large skillet, heat oil over medium heat. Add ground meat and onion and cook, stirring, until meat reaches 165°F or is no longer pink in the middle.
- 2) Add garlic and cook for 1 more minute.
- 3) Add the cabbage, tomatoes, tomato sauce, water, pepper and salt and bring to a boil. Reduce to low heat.
- 4) Cover and simmer for 25 minutes or until cabbage is tender.




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\$3.00 Suggested Donation

Please call our dining room at
401-270-1814 to place your
lunch order 24 hours in
advance.

March 2023

Lunch is served at 12:00 pm

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
	 <p>east bay community action program THE BRIDGE IS SELF-RELIANCE</p>								
	<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p>								
6	<p>Minestrone soup Shepard's pie Mashed potato Mixed vegetable Multi grain roll Pudding Spinach salad w/ chicken</p>	7	<p>Tomato Soup French onion baked chicken Green beans Rice pilaf Fruit Sliced multi grain bread Salami, ham & cheese / wheat roll</p>	8	<p>Mushroom barley soup American chop suey Zucchini w baby carrots Ww roll Oatmeal raisin cookie Turkey club</p>	9	<p>Vegetable soup Chicken parm Potatoes wedges Mixed vegetables - roll Cake Antipasto salad</p>	10	<p>Clam chowder (red) Baked fish Italiano w /sautéed vegetables Rice pilaf Sliced bread- Fruit Cobb salad</p>
13	<p>Tomato soup BBQ chicken sandwich Cole slaw Pasta salad Roll (whole wheat) Chocolate chip cookie Chef salad</p>	14	<p>Navy bean soup Stuffed shell w/meatball Garlic bread Italian mixed vegetables Mixed fruit Chicken sandwich on wheat roll</p>	15	<p>Chicken and escarole soup Sloppy joe Potato salad 3- bean salad Whole Wheat roll - cookie Turkey & Swiss/whole wheat</p>	16	<p>Spilt pea soup Corned beef Cabbage & carrots Boiled potatoes Irish soda bread Apple strudel cake Ham & cheese on wheat</p>	17	<p>Kale & bean soup Baked cod provencal Spanish rice Peas & onions Fruit salad Tuna salad plate</p>
20	<p>Beef Barley soup Chicken leg quarter Creamed spinach Sweet potato Roll Brownie Cobb salad</p>	21	<p>Lentil soup Braised beef Sliced carrots Mashed potatoes Roll Pudding Egg salad on multi grain roll</p>	22	<p>Tomato soup Swedish meatballs Rice pilaf Zucchini & carrots Fresh fruit/ Multi grain bread Seafood salad plate</p>	23	<p>Minestrone Soup BBQ pulled pork Sandwich Cole slaw Baked beans Whole Wheat Roll Oatmeal cookie Meatball sandwich</p>	24	<p>Clam chowder (white) Fish cake Spanish rice Mixed vegetables Sliced bread Fruit Chicken salad plate</p>
27	<p>Potato leek soup Chicken cacciatore Black beans & rice Fruit – Whole Wheat roll Chicken sandwich on ww roll</p>	28	<p>Southern Brunswick stew Cole slaw Corn bread Mixed fruit Seafood salad on wheat roll</p>	29	<p>Mushroom barley soup Lasagna roll w/ meat sauce Italian green beans Garlic bread Pound cake Turkey & Swiss on rye</p>	30	<p>Chicken soup Salisbury steak w/gravy Mashed potatoes Baby carrots Ww roll - fruit Egg salad plate</p>	31	<p>Tomato soup Mediterranean baked fish Rice pilaf/ green beans Ww roll- Cookie Cobb salad</p>