

# Robert Rock Senior Center



610 Waterman Avenue  
East Providence, RI 02914

401-435-7800

Fax: 401-563-7024

[www.eastprovidenceri.gov](http://www.eastprovidenceri.gov)



*Follow us on Facebook!*

## March 2025

### Senior Center Services

**Elder Resource Specialist**

**Amanda LaPlante**

Monday-Friday 401-270-1788

**Healthy Aging Nurse Coordinator**

**Shahnee Lagor, BSN, RN-BC**

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

**Eastside Clinical Laboratory Transportation**

Call 401-435-7800 to register for transportation.

**Notary Public**

**Pat Thomas, Receptionist**

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

Open to Seniors living in East Providence.

**SHIP Counseling**

By Appointment Only- Call 401-435-7876 x1137

### Staff

**Laura Jones**

Director

[ljones@eastprovidenceri.gov](mailto:ljones@eastprovidenceri.gov)

**Cheryl Balasco**

Admin. Assistant

[cbalasco@eastprovidenceri.gov](mailto:cbalasco@eastprovidenceri.gov)

**Shahnee Lagor**

Healthy Aging Nurse Coordinator

[slagor@eastprovidenceri.gov](mailto:slagor@eastprovidenceri.gov)

**Amanda LaPlante**

Elder Resource Specialist

[alaplante@eastprovidenceri.gov](mailto:alaplante@eastprovidenceri.gov)

**Cindy DeMedeiros**

Dining Room 401-270-1814

[cdemedeiros@eastprovidenceri.gov](mailto:cdemedeiros@eastprovidenceri.gov)

**Pat Thomas & Rhonda Marzetta**

Member Services Representatives

[pthomas@eastprovidenceri.gov](mailto:pthomas@eastprovidenceri.gov)

[rmarzetta@eastprovidenceri.gov](mailto:rmarzetta@eastprovidenceri.gov)

**Facilities:**

Kenny Atkinson

Napoleon DeBarros

**Transportation:**

Joe Serodio

Christopher Januario

Dennis Price

Tom Taylor

Richard Wood

### 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 persons with disabilities in the East Providence area.

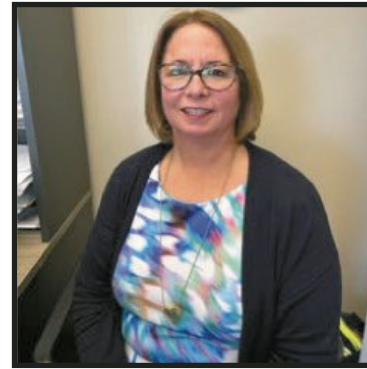


**Message from the Mayor:**

As we enter the month of March, the weather can still be inclement with snow storms and winter weather alerts. I wanted to let you all know the City of East Providence offers a great way to stay connected to all weather and emergency announcements. CodeRED Emergency Alerts will send a phone call and a text message to your phone in the event of an emergency or inclement weather. All you have to do is text “EProv” to 99411 to enroll in the City of East Providence’s emergency alert system. It is important to keep updated with new announcements and alerts happening around the city. CodeRED will send a phone call and text message directly to your smartphone. If you need assistance enrolling for the CodeRED alerts, visit the Senior Center and the staff members will be able to help you keep up-to-date with announcements and emergency alerts.

**Sincerely,**

**Mayor Bob DaSilva**



**Letter from the Director:**

Happy Spring! We have a lot of great programming scheduled in March. I challenge you to attend a class or workshop you have never been to before. Income tax season is at its peak, and if you have not scheduled your appointment for free income tax preparation, I strongly encourage you to do so. These appointments fill up fast.

I would like to welcome back Marilyn, our Monday morning Chair Exercise instructor. She has now resumed her weekly Monday morning Chair Exercise class starting Monday, March 3.

Put on your dancing shoes and come down to the Senior Center on Thurs, March 20 at 10:30AM. We will be hosting a free demo class for GrooveOn, a dance class newly introduced to the Senior Center. Dancing has lots of benefits for older adults. Hope you can come to the free demo!

**Best,**

**Laura Jones  
Director of Senior Services**

Robert Rock East Providence Senior Center  
-Advisory Group-

Judy Phillips      Jan Kinder      Jim Phillips  
Ann Fagundes      Ken Goucher      Elaine Robinson  
Donald Senna      Dick Wood      Christine Singleton

**DAYS TO REMEMBER IN MARCH:**

**March 9:** Daylight Savings Time Begins.  
(CLOCKS FORWARD)



**March 17:** St. Patrick's Day (Senior Center Open)

**March 20:** First Day of Spring!



**BINGO INFORMATION**      EVERY TUESDAY

\$6.00 per card

Doors Open at 1:00PM.

Games start at 1:30PM

Dabbers: \$2.00 each



**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.

**SHOPPING TRIPS SCHEDULE**

**MARCH 2024:**

Thurs, March 6: Stop & Shop

Fri, March 7: Shaw's

Thurs, March 13: Stop & Shop

Fri, March 14: Shaw's

Thurs, March 20: Stop & Shop

Fri, March 21: Shaw's

Thurs, March 27: WALMART

Fri, March 28: WALMART



To add your name to our shopping list, please call:  
**401-435-7800.**

Reservations for grocery shopping **MUST** be made 24 hours in advance!

HAPPY  
**EARTH DAY**



**SR. CENTER CLEAN UP DAY**

SR. CENTER & RECREATION WILL PARTNER UP TO CLEAN THE GROUNDS FOR EARTH DAY!

**FRIDAY, APRIL 18**  
**10:00AM-11:30AM**

EAST PROVIDENCE SENIOR CENTER  
610 WATERMAN AVENUE      EAST PROVIDENCE, RI 02914



**BEGINNERS MAH JONGG**

Tuesday Afternoons 1PM-3PM

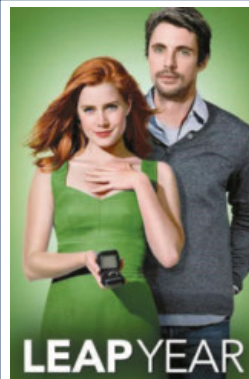
Mah Jongg training class will be offered at the Senior Center on Tuesday afternoons.

Late bus transportation will be offered.

**ADVANCED MAH JONGG**

EVERY FRIDAY MORNING 10AM-12PM

Friday Mah Jongg is geared for seasoned players. Join us!



We will be showing:

**LEAP YEAR**

**MARCH 24, 2025 1:00PM**

Popcorn will be served



When yet another anniversary passes without a marriage proposal from her boyfriend, Anna decides to take action. Aware of a Celtic tradition that allows women to pop the question on Feb. 29, she plans to follow her lover to Dublin and ask him to marry her. Fate has other plans...

## NEW HEALTH PROGRAMMING:



# DEMENTIA Live®

**FRIDAY, MARCH 7TH**  
**1 PM**



*Have you ever wondered what it's like to live with dementia? Maybe you have a loved one or friend who has dementia and you struggle with knowing how to support them. Come and experience a dementia simulation where participants are put in an environment that mirrors life with cognitive and sensory impairment.*

Caregivers of those living with dementia may find this experience helpful in their understanding of the disease.

**This program does require registration.**

**This class is divided up in 20 minute appointment slots.**

**Please call to register 435-7800.**

*Bus transportation home can be provided after the program ends.*



### TOOLS FOR HEALTHY LIVING

*Are you living with chronic conditions such as diabetes, heart failure, pain or COPD? If so, we have a new program that aims to help you manage your symptoms and improve your quality of life!*

Join us for a six week program called Tools for Healthy Living.

This evidence-based program runs **every Wednesday** starting March 5th and ending April 9th from 9:30a-12p.

**Registration is required.**

**Call Nurse Shahnee to sign up today!**  
**401-270-1792.**

### HEALTHY EATING HABITS SERIES

**Fridays from March 7-April 14**  
**10:30AM-11:30AM**

East Bay Community Action Program's Office of Volunteer Services offers this workshop series for older adults who want to learn more about nutrition and how lifestyle changes can promote better health. Goal setting, problem solving, group support, nutrition education, self-assessment, and management of dietary patterns will all be topics of conversation.

**Register today by calling 401-435-7800.**



We are looking for more individuals that are interested in podiatry appointments with Dr. Ruggiero.

**Call Shahnee to get your foot in the door!**  
**401-270-1792.**

### MEDITATION

**Every Friday Morning**  
**11AM**



# Health Related Programs:

**TAI JI CANCELLED TUESDAY, MARCH 18!**

**NURSE HOURS: TUESDAY & THURSDAY 9AM-4PM**

## WISDOM FOR LIVING MARCH 13 1PM-2PM

Do you ever just want to grab a coffee or tea and talk with other like minded individuals

about topics that interest you?

*Well, now you can!*

Wisdom of Living is a series of monthly gathering to support socialization, challenge your thinking and allow you to engage in meaningful conversation.



## GRIEF SUPPORT AND HEALING WITH BEACON HOSPICE

The loss of a loved one is one of the most difficult experiences anyone can go through. The pain and grief can be overwhelming. The Robert Rock East Providence Senior Center is committed to helping those in need manage their grief in healthy ways and help begin the healing process.



**Thursday, March 20 11AM-12PM**



## EMERGENCY PREPAREDNESS

*How Prepared are you in the Event of an Emergency?*

**THURSDAY, MARCH 20  
10:30AM-11:30AM**

Presentation highlighting the Rhode Island Department of Health Center for Emergency Preparedness and Response. Participants will learn more about the state's plan to help the chronically ill who live at home as well as how to construct an emergency plan, build an emergency kit, and other tips to stay safe should disaster strike.



**URI PHARMACY  
OUTREACH  
FRIDAY, MARCH 28  
10:30AM-11:30AM**

As we age, our urinary system changes. Urinary Tract Infections are easier to develop when you age and the symptoms aren't always clear. Another common urinary complaint amongst seniors is urinary incontinence.

Roughly, 30% of older adults use a pad or brief. There are some things you can do to help strengthen your bladder and reduce incontinence.

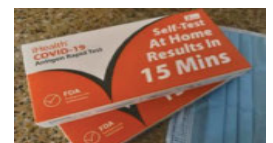


**Join us for this month's URI Pharmacy Outreach presentation to learn more!**

## ARE YOU IN NEED OF AT-HOME COVID-19 TESTS?

All U.S. households are eligible to order 4 FREE COVID-19 tests at [covidtests.gov](https://covidtests.gov). The COVID-19 tests will detect current COVID-19 variants and can be used through the end of the year. The order is placed online through USPS. They will be delivered to your residence.

*If you need assistance ordering your free test kits, please call our Elder Resource Specialist Amanda at 401-270-1788.*



**YOU'RE INVITED!**

# SENIOR SAFEGUARD

## **Knowledge is Power!**

Learn how to protect you and your loved ones from financial exploitation, fraud and scams.

**March 3<sup>rd</sup> • 10:30 - 11:30am**

## **East Providence Senior Center**

610 Waterman Ave, East Providence, RI 02914

## **RSVP**

401-435-7800 \*Space is limited



Federally insured by NCUA.

# RI DATA BREACH: HOW TO KEEP YOUR PERSONAL INFORMATION PROTECTED

On December 13, 2024, the State was informed by its vendor, Deloitte, that there was a major security threat to RIBridges, the system that manages many of the state's social services programs. Additionally, Deloitte confirmed that there is a high probability that a cybercriminal has obtained files with personally identifiable information.

## HOW DO I KNOW IF MY PERSONAL INFORMATION WAS COMPROMISED?

Any individual who has received or applied for state health coverage or health and human services programs or benefits could be impacted by this breach.

The programs and benefits managed through the RIBridges system include but are not limited to:

- Medicaid
- Supplemental Nutrition Assistance Program (SNAP)
- Temporary Assistance for Needy Families (TANF)
  - Child Care Assistance Program (CCAP)
  - Health coverage purchased through HealthSource RI
- Rhode Island Works (RIW)
- Long-Term Services and Supports (LTSS)
- General Public Assistance (GPA) Program
  - At HOME Cost Share

**WEBSITE WITH MORE INFORMATION:**

<https://admin.ri.gov/ribridges-alert#what-you-can-do>

## WHO CAN I CALL IF I HAVE QUESTIONS ABOUT THE RI DATA BREACH?

Households that have had personal information compromised will receive a letter by mail from the State that explains how to access free credit monitoring.

In response to the RIBridges data breach, a call center which is open Monday-Friday from 9 a.m. to 9 p.m.

*If you have questions, call 833-918-6603. RI Incident Code is B137035.*

Call center staff will be able to provide general information about the breach as well as steps customers can take now to protect their data. Unfortunately, as the analysis of the data involved is still happening, call center staff will not be able to confirm whether a particular individual's data is or is not included in the breach at this time.

## WHAT CAN I DO TO PROTECT MY PERSONAL INFORMATION?

### 1. Freeze Your Credit:

Reach out to all three credit reporting agencies to freeze your credit. This is free and means no one else can take out a loan or establish credit in your name. You won't lose access to your money or credit cards. You can lift the freeze at any time.

### 2. Monitor Your Credit:

Contact one of the three credit reporting agencies to order a free credit report. You can also access a free credit report through AnnualCreditReport.com

### 3. Request a Fraud Alert:

Ask one of the credit reporting agencies to place a fraud alert on your files. This is free and lets creditors know to contact you before any new accounts can be opened in your name. Asking one agency to do this will cover this step for all three agencies.

### 4. Use Multifactor Authentication:

This means instead of having just one password to access your information, you have a safety backup to help prove that it's really you before you can log into your account.

# Robert Rock Senior Center Activities

## MARCH 2025

Mon	Tue	Wed	Thu	Fri
<b>3</b> 8A: VITA Tax Assistance 9A: AARP Tax Assistance 10A: Memory Screenings 10:30A: Chair Yoga 10:30A: Backgammon <b>10:30A: Sr. Safeguard Presentation</b> 2P: PODS Swimming	<b>4</b> 8A: VITA Tax Assistance 9:30A: Tai Ji Level 2 10A: Water Color Paint 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO!	<b>5</b> 8A: SHIP Counseling 9A: 20/20/20 Fitness 9:30A: Tools for Healthy Living 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage	<b>6</b> 9:30A: Senior Shopping 12:30P: Bridge 12:30P: Knit & Crochet	<b>7</b> 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:30A: Healthy Eating Series 10:45A: PACE Chair 11A: Meditation (John) 1P: Hi Lo Jack 1P: Foot Doc. Appts <b>1P: Dementia LIVE</b>
<b>10</b> 8A: VITA Tax Assistance 9A: AARP Tax Assistance 10:30A: Chair Yoga w/ Marilyn 10:30A: Backgammon 2P: PODS Swimming	<b>11</b> 8A: VITA Tax Assistance 9:30A: Tai Ji Level 2 10A: Water Color Paint 10A: Smartphone Help <b>10:30A: Voice Your Choice Presentation</b> 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO!	<b>12</b> 8A: SHIP Counseling 9A: 20/20/20 Fitness 9:30A: Tools for Healthy Living 10:30A: Age Well, Get Connected 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage	<b>13</b> 9:30A: Senior Shopping <b>11:00A: Demystifying Hospice Presentation</b> 12:30P: Bridge 12:30P: Knit & Crochet 1P: Wisdom for Living Talks	<b>14</b> 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:30A: Healthy Eating Series 10:45A: PACE Chair 11A: Meditation (Gretchen) 1P: Hi Lo Jack 1P: BCBS Balance
<b>17</b> 8A: VITA Tax Assistance 9A: AARP Tax Assistance 10:30A: Chair Yoga w/ Marilyn 10:30A: Backgammon 2P: PODS Swimming	<b>18</b> 8A: VITA Tax Assistance 10A: Water Color Paint 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO! <b>TAI JI LEVEL 2 CANCELLED TODAY!</b>	<b>19</b> 9A: SHIP Counseling 9A: 20/20/20 Fitness 9:30A: Tools for Healthy Living 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage	<b>20</b> 9:30A: Senior Shopping <b>10:30A: Emergency Preparedness Presentation</b> 10:30A: GrooveOn Dance 11A: Grief Support & Healing 12:30P: Bridge 12:30P: Knit & Crochet	<b>21</b> 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:30A: Healthy Eating Habits 10:45A: PACE Chair Exercise 11A: Meditation 1P: Hi Lo Jack
<b>24</b> 8A: VITA Tax Assistance 9A: AARP Tax Assistance 10:30A: Backgammon 10:30A: Chair Yoga w/ Marilyn 1P: Movie Showing 2P: PODS Swimming	<b>25</b> 8A: VITA Tax Assistance 9:30A: Tai Ji Level 2 10A: Water Color Paint 10A: Smartphone Help <b>10:30A: VA Benefits/Spouse in Home Support</b> 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO!	<b>26</b> 9A: SHIP Counseling 9A: 20/20/20 Fitness 9:30A: Tools for Healthy Living 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage	<b>27</b> 9:30A: Senior Shopping 12:30P: Bridge 12:30P: Knit & Crochet	<b>28</b> 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:30A: Healthy Eating Series 10:30A: URI Pharm 10:45A: PACE Chair <b>11A: Meditation- AT BREED HALL TODAY!</b> 1P: Hi Lo Jack 1p: BCBS Balance
<b>31</b> 8A: VITA Tax Assistance 9A: AARP Tax Assistance 10:30A: Chair Yoga w/ Marilyn 10:30A: Backgammon 2P: PODS Swimming	<b>REWARDS CARDS:</b> Every event in <b>RED BOLD FONT</b> will count towards your reward card!		<b>**Calendar Items are subject to change based on cancellations and/or inclement weather**</b>	



## Nurse

Part time Nurse is on site to assist you with any health related needs. Schedule an appointment with Shahnee today to learn more about maintaining a healthy lifestyle.

**401-270-1792**

**Nurse Hours: Tuesday & Thursday  
9AM-4PM**

## Senior Shopping

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

## 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. **Registration not required. No fee.**

**MARCH 12- 10:30AM**

## 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. No fee.**

## SHIP Counseling

**State Health Insurance Program (SHIP)**

Counselor is available on Wednesdays and Fridays (by appointment only). Counselors can help with Medicare/Medicaid enrollment, current plans, and future medical plans.

**Call 401-435-7876 X1137 for an appointment.  
No Fee**

## Gym Orientations- Robin/Sandra

Robin and Sandra can provide orientations and show fitness members how to properly use the fitness center equipment. Robin and Sandra can explain proper techniques and demonstrate exercises.

**For fitness members only**

Tuesdays 1P-3P Thursdays 8:00A-11:30AM  
Fridays 1P-2P

**No registration required. No fee.**

## Smartphone Help

Learn tips and tricks on your smart phone. Learn more about text messaging, internet use, and apps.

Drop-in on Tuesdays 10:00AM- 11:00AM.

**No registration required. No fee.**

## 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. Wednesdays 9A-10A **No registration required. \$3.00 per class**

## Chair Yoga

Chair Yoga is wonderful for both your mind and body.

Mondays with Marilyn 10:30AM: **No fee**  
Tuesdays with Cyn 10:45AM **\$3.00 per class.**  
**No registration required.**

## Hi Lo Jack

A game of chance, Registration required.  
Call 401-435-7800 for more information  
or if you are interested in being a sub to  
play. **Fridays 1:30PM-3:30PM.**

**\$3.00 to  
play  
.25 ups or  
bumps**

## Creative Art Studio

Oriented for personal choice media such as collage, acrylic, pastel, etc.

**WEDNESDAYS 11AM-12:30PM**

**Registration required \$3.00 per class.**

## Craft Club

Participants are given the opportunity to explore various art making skills. Activities allow participants to enhance their creative and visual skills.

**Registration required. Limited space available.**

## 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.

**No registration required. No fee.**

## Cribbage, Bridge, Scrabble, Mah Jongg, Backgammon

Each game is offered weekly at the Senior Center. Take a look at our daily activities calendar to see which day games are scheduled.

**No registration required. \$3.00 fee for Cribbage.**

2555 Pawtucket Ave., East Providence, RI 02914  
**434-3885**

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Lisa Janicki, MS

## YOUR STORY INTERVIEWS

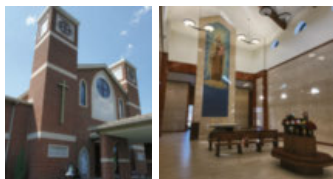


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**GEVORBECK@GMAIL.COM**



# Catholic Cemeteries

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*Catholic Cemeteries has more options to choose from than ever before.*

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**Gate of Heaven Office:  
(401) 434-2579**

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EPSC at time of purchase**

**ricatholiccemeteries.org**

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careers@4lpi.com or  
www.4lpi.com/careers

## DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

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OCTOBER EDITION

Engaging, ad-supported print and digital newsletters to reach your community.



Scan to contact us!

Visit [lpicommunities.com](http://lpicommunities.com)



# INCOME TAX ASSISTANCE:



## **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. 3, 2025- APRIL 14, 2025.**  
**9AM-12PM.**

*The AARP Tax-Aide Program does **not** assist  
with business returns or returns dealing with  
rental property.*

FOR MORE INFORMATION OR  
APPOINTMENTS, CALL PATTY BREEN AT  
401-246-1678.

Once you schedule your appointment with  
the AARP Tax-Aide team, there will be  
packets available at the Senior Center for you  
to pick up. Please pick up these packets  
before your appointment to fully prepare your  
tax information for the AARP tax-aid team.

east bay community action program  
THE BRIDGE TO SELF-RELIANCE



## **VOLUNTEER INCOME TAX ASSISTANCE PROGRAM (VITA):**

**To schedule an appointment  
please call EBCAP's Office of  
Volunteer Services**

**401-435-7876 ext. 6602**

East Bay Community Action Program's (EBCAP)  
Volunteer Income Tax Assistance (VITA) program  
delivers FREE, confidential, and secure tax preparation  
and e-filing services for qualifying taxpayers -  
**individuals and families earning less than \$67,000  
annually.**

VITA volunteers cannot prepare Schedule D  
(Complex), Schedule E, Employee Business Expenses,  
Moving Expenses, Nondeductible IRA, Recent  
Bankruptcy, Rental Property, Electric Vehicle  
Purchase, or Solar Tax Credits returns.

**For a complete list of "What to bring to your tax  
appointment" please visit: [www.ebcap.org](http://www.ebcap.org)**

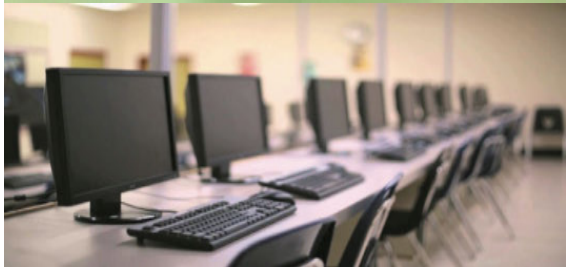




# TECHNOLOGY ASSISTANCE



## Smartphone/Computer Assistance




### 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 12, 2024 10:30AM**



*Weaver Library Offers Technology Assistance!*

Schedule an appointment to help you learn how to use the computer or ask any other computer or device question. *Call Weaver Library to schedule your appointment today!*

**401-434-2453**




### SMARTPHONE HELP:

**EVERY TUESDAY MORNING AT THE EAST PROVIDENCE SENIOR CENTER 10AM-11AM**

**Learn some tips and tricks with your Smart Phone!**

*No registration required*




### Tips for Staying Safe while on the Internet

Technology has made it easier to communicate, shop, pay bills, and bank. But this convenience comes with the cost of privacy and security.

**Update Passwords.** Make an effort to update your passwords and make them more secure. They should be at least 8 characters and have a combination of upper and lower case letters, symbols, and numbers. Change them on a regular basis, especially for financial and email accounts. Also, don't use the same password for multiple accounts.

**Protect Your Computer.** Make sure that spyware or malware protection is installed on your computer and that it's up to date.

**Backup Files.** A virus can infiltrate any computer. So be certain to back up your files and photographs on a regular basis in the event that your system comes crashing down.

**Secure Shopping.** Only do online shopping through sites with "https" in the browser's address bar. The "s" stands for "secure." Secure sites will also have an icon of a locked padlock in the status bar at the bottom of your Web browser.



# ADDITIONAL PROGRAMMING AND ASSISTANCE PROGRAMS:



## DEMYSTIFYING HOSPICE

HOSTED BY BEACON HOSPICE

THURSDAY, MARCH 13  
11AM

There is a great deal of evidence that confirms the tremendous physical, emotional, spiritual and financial benefits of hospice care if it's received for a longer period. The more time the hospice team has to support the patient and family, the better the quality of life for the patient and the better the memories for loved ones following the loss including a lower risk of complicated Bereavement and legacy creation.



*If you are interested in learning more about the advantages of hospice care for patients and families during this significant life transition, we invite you to join us for an informal discussion.*

## VA BENEFITS, SPOUSAL BENEFITS, AND MEDICAID HOME CARE PRESENTATION

MARCH 25

10:30AM-11:30AM

Denise Touchette from Health Concepts, LTD Eastgate will provide information regarding VA benefits and benefits for surviving widows of war veterans.

*Topics of conversation include the Aid and Attendance Veteran benefit, differences between Home Care skilled and non-skilled care, Medicaid home care.*



## VOICE YOUR CHOICE PRESENTATION

MARCH 11

10:30AM



Jill from Encompass Health Rehab Hospital of Johnston will be educating on the different levels of transitional care between hospital and home.



The **CAPABLE** program helps older adults live safely in their homes. This program was developed at John Hopkins and is backed by research. You will receive home visits from an Occupational Therapist, Registered Nurse and a home modification specialist. This team works with you to identify goals to make your day-to-day activities easier. The Occupational Therapist works on tasks like dressing, bathing, cooking, grooming and moving around your house. The Nurse works on your pain, mood, medications, fall prevention and incontinence. The home modification specialist will make minor home repairs based on your functional goals.

### Services include:

- Up to 6 home visits from an **Occupational therapist**
- Up to 4 home visits from a **Registered Nurse**
- Minor home repair, modifications & assistive devices

**CAPABLE is a FREE, grant-funded program provided by CareLink with funding from BCBS Rhode Island**



**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:**

\*Membership is required for all activities. Membership is not required to only come for lunch\*

**GENERAL MEMBERSHIP:**

Residents of East Providence: \$20.00/year

Non-residents: \$25.00/year

**GENERAL MEMBERSHIP INCLUDING FITNESS CENTER:**

Residents of East Providence: \$60.00/year

Non-residents: \$70.00/year

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

Persons receiving transportation services from the Senior Center are called in the morning with their pick up times. Please allow time in the morning to assign pick up times before calling!



**REWARD CARDS**

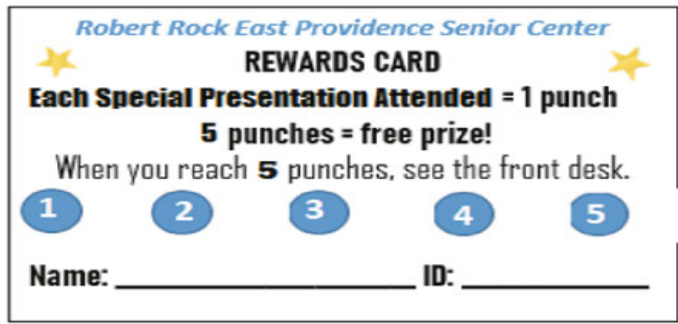
The Rewards Program aims to promote and encourage member participation in educational opportunities at the Senior Center.

**YOU MUST STAY FOR THE DURATION OF THE PRESENTATION TO GET A REWARDS STAMP!!**

Here's how the program works: Stop by the Resource Center to pick up your rewards card. Find a class on the monthly calendar that is in **red bold font**. Attend the class and receive a stamp on your Rewards Card. Once you earn 5 stamps, turn your card in for a gift card at the Resource Center. Any staff member can stamp your card once you complete the class that is eligible for a stamp.

\*\*The rewards program at the Senior Center is funded by Blue Cross Blue Shield RI.

The rewards program is subject to change or end if/when all funding for the program is spent down.\*\*



**DO YOU HAVE A COLLECTION YOU WOULD LIKE TO SHOW OFF?**

Each month, we search for collectors to take advantage of showing off their collections in our display case located in the lobby area. This gives collectors an opportunity to show their wonderful collections in our locked case. We try to switch out the display case monthly.

**Do you have a collection you would like to have featured in our display case?**

Please contact Amanda at 401-270-1788 to coordinate.



**WHAT IS THE POINT?**

The Point is the Rhode Island's free aging and disability resource center. Specialists are available to speak with you to help identify your needs, explore resources and services, as well as help with applying to public and private programs.

**DID YOU KNOW THAT THE SENIOR CENTER HAS A SPECIALIST FROM THE POINT COME MONTHLY TO ASSIST WITH BENEFIT APPLICATIONS?**

**THE POINT**

Maria from the Point will be visiting the Senior Center on the 4th Monday of the month to assist with Medicare, Medicaid applications, and DHS applications.

Call Maria to schedule an appointment today!  
401-519-0374





# GROOVEON DANCE CLASS

*At the EP Senior Center*

## BENEFITS:

IMPROVES BALANCE

INCREASE CARDIO ENDURANCE

MIND/BODY COGNITION

Seated and standing dance routines.  
This is a FREE Demo Class

**THURSDAY MARCH 20  
10:30AM**

Instructors Terrald Babers and Sandra Seymore are accomplished Jazz dancers and fitness enthusiasts who are influenced in all styles of dance.

Individuals with limited mobility are encouraged to participate. Beginners welcome. If you have always wanted to dance, it is never too late to start.



Call the Senior Center to register today!  
**401-435-7800**

Let's spring into spring!



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Aldersbridge.org



**\$3.00 Suggested Donation**

Lunch is served at  
12:00 pm



Meals are ordered by reservation only.

Reservations are made **TWO** days in advance.

**NO WALK IN'S.**

Suggested donation per meal is \$3.00. It is important to call if you need to cancel your meal.

You can cancel your reservation by calling Cindy at 401-270-1814.

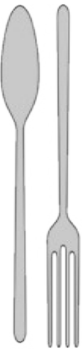
**Meals are served at 12PM Monday-Friday.**

Please arrive before 12PM to check in at the dining room desk.

**NO ASSIGNED OR RESERVED SEATING!**

We can accommodate 60 diners.

**ENJOY YOUR MEAL!**



**March 2025**

**PLEASE CALL OUR DINING ROOM AT 401-270-1814 TO PLACE YOUR LUNCH ORDER 48 HOURS IN ADVANCE!!**

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	Vegetable soup Chicken coq au vin Mashed potatoes Green beans Ww roll Oatmeal cookies Ham & cheese on rye	4 Chicken soup Pasta & Meatballs Roasted vegetables Ww roll Sliced peaches Turkey & bacon sandwich	5 Cauliflower tomato soup Roasted chicken thighs Rice pilaf Sweet corn Ww roll Chocolate cookies Tossed salad w/ Tuna	6 Tomato soup Roasted pork loin Fiesta rice Sliced carrots Ww roll Fresh melon Egg salad plate	7 White bean soup Baked fish Florentine rice Mixed vegetables Ww roll Fruit cocktail Tuna salad sandwich
10	Mushroom barley soup BBQ chicken Potato salad Mixed vegetables Ww roll Brownie Ham salad on rye	11 Minestrone soup Pepper steak w/ gravy Roasted carrots & broccoli Steamed white rice Ww Roll Fresh melon Tossed salad w/ chicken	12 Vegetable lentil soup Pork roast Sweet potatoes Peas & onion Ww roll Sliced pears Seafood salad sandwich	13 Irish vegetable soup Corned beef Cabbage & carrots Boiled potato Soda bread Cream puff No option	14 Clam chowder (red) Fish sandwich Cole slaw Potato wedges Mixed fruit Ww roll Egg salad sandwich
17	Vegetable soup Shepards pie Mashed potato Ww roll Sliced peaches Chicken salad sandwich	18 Tomato soup Greek style chicken thigh Roasted potatoes Zucchini w/ mixed vegetables Pita Cake Chef salad	19 Cream of broccoli soup Stuffed shell w/ meatball Tossed salad Ww Roll - Pineapple chunks Seafood salad plate	20 <b>BirthDay Celebration</b> Chicken soup Pot roast w/ gravy Mashed sweet potatoes Buttered corn Ww roll Chocolate chip cookie Egg Salad sandwich	21 Minestrone soup Baked fish Rice pilaf Green beans Ww roll Watermelon Tuna salad plate
24	Kale & bean soup Chicken Francese Roasted vegetables w/potatoes Garlic bread Watermelon Roast beef on roll	25 Chicken soup Manicotti w/meat sauce Green beans w/peppers & onions Ww roll Fresh melon Chicken salad plate	26 Escarole & bean soup Slow roasted pork shoulder Roasted sweet potatoes Buttered corn Ww Roll Brownie Seafood salad sandwich	27 Tomato soup Beef tips w/ mushroom gravy Mashed potatoes Peas & onions Ww roll Cake Chopped salad w/chicken	28 Cauliflower tomato soup Fish & chips Cole slaw Ww roll Sliced peaches Tuna salad plate
31	Vegetable soup Lasagna roll up w/meat sauce Wax beans Ww roll Sliced peaches Chef salad			<p><b>Suggested \$3.00 Donation</b></p>	
<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</p>					