

East Providence Senior Activity Center



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

May 2021

Message from the Mayor:



The flowers are in bloom and warmer weather is finally upon us. The City of East Providence is pleased to be taking the lead on the new location for the East Providence Regional Vaccination POD located at 585 B Taunton Ave., East Providence. The regional POD will be staffed with volunteers and employees representing the towns of Tiverton, Warren, Barrington and Bristol and cities of Pawtucket and East Providence. The Senior Center, which hosted its last vaccine clinic on Friday, April 16th is in the process of planning and working to get the Senior Center ready to launch a phased-in reopening. The state of Rhode Island, Office of Healthy Aging, has set forth guidance for Community Gathering Facilities, which includes senior centers. These guidelines will assist us with our reopening planning. We ask for your continued patience as the safety of our residents are of the utmost importance to us. We have a lot to look forward to including the information and events in this month's newsletter. Once again, thank you to all for your feedback and acts of and notes of kindness during the last few months. It is appreciated.

Sincerely,

Roberto L. DaSilva, Mayor of East Providence

Senior Center

Reopening

June 1st

Hours: 8:00-4:00 pm

All memberships to be extended for those who were active members in 2020

Stay tune as we are planning a welcome back celebration that you will all be invited to.



Chronic Pain Self-Management Program (see page 3 for details)

Now Offering Virtual Programing

Q. Do I need to own a computer to participate in the program?

A. No, the East Providence Senior Center will loan you a device if you do not have a computer.

Q. Will I be provided technical assistance to participate virtually?

A. Yes, you will be provided with instruction prior to the start of the class on how to log on and how to participate virtually.

Technical assistance will also be available during the sessions.

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.



Staff

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Donald Senna





Living a Healthy Life

Chronic Pain Self-Management Program

Coffee hour and information session:

Learn more about the workshop at an info session on April 27th at noon!

Workshop details:

Where: **Virtual Via Zoom**

When: **Tuesdays, beginning on May 4th**

Time: **9am - 11:30am, weekly**

Cost: **No cost to you**

For more information and registration contact:

Shahnee Lagor (slagor@eastprovidenceri.gov) or call the Community Health Network 401-432-7217



This document was supported in part by a cooperative agreement (No90CSG0001-01-01) from the Administration on Aging (AoA), Administration for Community Living (ACL), and US Department of Health and Human Services (DHHS). Grantees carrying out projects under government sponsorship are encouraged to express freely their findings and conclusions. Therefore, points of view or opinions do not necessarily represent official AoA, ACL, or DHHS policy.

Own Your Health

Empowering YOU to take charge of your own health by joining a program proven to work.

- Manage pain.
- Improve your sleep.
- Manage your medications.
- Eat healthier.
- Improve communications with family and doctors.
- Be more active.
- Use action plans and problem-solving for more confident decision-making.

Earn a gift card* for completing the program.

*Subject to availability and funding



Play Bingo with us



Join Oak Street Health for Virtual Bingo - fun, prizes and more!*

Location: Virtual Bingo, play from your home computer

- We will use Google Meet app to connect by computer and phone.
- BINGO cards will be generated and sent out by email.
- Must have access to a computer, phone and internet.

Date: Friday May 28, 2021

Time: 1 PM - 2 PM

RSVP Today to Jerry O'Connor at 401-225-8598

*Oak Street Health limits one (1) prize per person with the value not exceeding \$15 while supplies last, one time use only. Doctor's authorization may be required to participate in select events. We are not affiliated with and do not endorse other parties' services or products. Sales agents may be present with plan specific information and enrollment options. Oak Street Health provides a community service to help seniors understand Medicare facts. Please note that we are not insurance agents or Medicare employees nor does Medicare in any manner endorse our educational assistance. The assistance is provided as a service to the community by Oak Street Health.



Age-Friendly
RHODE ISLAND

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

Check out the Age-Friendly Virtual Community Center
May 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 you're missing !**

Programs now available in Spanish

INTERESTED IN VOLUNTEERING DURING THE COVID-19 PANDEMIC?

**Simply go to the City of East Providence's website and fill out the
volunteer survey at: <https://eastprovidenceri.gov/COVID-19>**

**You will be contacted to volunteer for a number of different
services.**



ARTICLE OF THE MONTH

TIPS FOR A SPARKLING KITCHEN

You wipe down the counters, clean the floor and run the dishwasher regularly. Your kitchen appears clean on the surface, but there's probably a lot that could use a refresh. It's time to pay attention to frequently used but often forgotten items in your kitchen.

Make sure to include these kitchen items on the next round of cleaning so you get the sparkling kitchen you deserve.



Thoroughly clean your dishwasher

Why would a machine with the main job of cleaning need cleaning itself? Because food debris and mineral buildup from water can clog important components, causing your dishwasher to work inefficiently. To thoroughly clean your dishwasher, start by removing the filter and cleaning it out. Then fill a dishwasher-safe coffee cup with white vinegar, put it on the top rack and run on the hot cycle to remove soap scum and other buildup. Try to do this monthly for a sparkling clean dishwasher that works great.

Clean your microwave with water and lemon

Food steams, spurts, and splatters

in a microwave every day, and even if it appears visually clean, there's probably a lot of grime on the inside walls. Rather than scrubbing harshly, make it easy to get off the grime with a simple solution: Fill a microwave-safe bowl with one cup water and then slice a lemon in half. Squeeze the lemon in the water and then add the halves. Microwave for three minutes and then let sit for five so the steam can penetrate the buildup. Finally, open the microwave, remove the bowl and easily wipe away grime with a washcloth.

Leave kitchen knobs and handles looking like new

You make it a habit of wiping down your faucet knobs when you clean the sink, but what about the other

knobs in your kitchen? The knobs on the cabinets are sometimes touched hundreds of times in a month by different people, which can transfer germs and bacteria, not to mention grease and other grime on fingertips. Start by wiping all knobs down with disinfectant wipes. For grimy buildup, use hot water with a touch of dish soap and wipe down with a rag to break down grime and leave knobs looking good as new.

The kitchen is the heart of the home and deserves a good clean. Add these items to your next round of kitchen cleaning and you'll have a sparkling clean space you can enjoy.

(Courtesy of BPT)



MAY | 2021

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When you move, it can affect your Medicare coverage. Today we'll discuss various kinds of changes of residence and what they mean for your Medicare coverage.

If you have Original Medicare, you can move within the U.S. without affecting your coverage. Original Medicare does not have provider networks, so you can visit any doctor or facility in the country that accepts Medicare. Medicare Advantage Plans and Part D prescription drug plans, on the other hand, have coverage areas, so when moving within the U.S. you may need to switch plans. You will have a Special Enrollment Period if you move out of your plan's service area or move to an area that is still covered by your plan but where more plans are now available to you.

Because MSP, eligibility requirements are state-specific and MSP applications are processed at the state level, your MSP will not follow you if you move out of state. You will need to disenroll from your MSP and see if you are eligible for an MSP in your new location. If you have Extra Help benefits, they may not be affected by a change of residence because eligibility requirements do not differ by state. However, if you were automatically enrolled in Extra Help because you had Medicaid or an MSP, you may need to actively re-enroll in Extra Help if you move out of state.

To speak to a SHIP Counselor today, call 401-435-7876



east bay community action program
THE BRIDGE TO SELF-RELIANCE

BOCCE



**Come Play Bocce at the East Providence Senior Center
Meet up with friends or make new friends**

Tuesday Mornings

9:00 am-12:00 pm

Please call 401-435-7800 to reserve your spot

Cloth Face Masks Required

RECIPE OF THE MONTH



EASY DRUMSTICK-QUINOA SHEET PAN SUPPER

- 8-10 chicken legs
- 1 fennel bulb
- 1 large yellow onion, sliced
- 1 large red onion, sliced
- 2 garlic cloves, sliced
- 3 medium sized potatoes, cubed
- 1 orange (1/4 cup juice and zest)
- 1/4 teaspoon thyme, dried
- 2 tablespoons olive oil
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper
- 2 tablespoons fresh chopped parsley
- Orange rind curls
- Brown rice, cooked according to package directions
- Quinoa, cooked according to package directions

Heat oven to 400 F. Line large sheet pan with parchment paper.

Place chicken legs on pan. Spread fennel, yellow onion, red onion, garlic and potatoes around and in between legs.

In small bowl, whisk together orange juice and zest, thyme and olive oil. Pour mixture over chicken and vegetables. Season with salt and pepper.

Roast 45 minutes, or until chicken is cooked through and vegetables are tender. Cook rice and quinoa.

Garnish chicken with parsley and orange curls. Serve over brown rice and quinoa.

Recipe courtesy of the National Onion Association and Idaho Eastern-Oregon Onion Committee. (Courtesy of Family Features)

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A Friend

A friend does a million things that no one else could do. He or she is someone you can always trust to tell your secrets to. A friend is full of stories which he or she is always glad to tell, and no one else in the world could tell them half as well. His or her smile can chase the clouds away and cause the sun to shine. There's no one like a friend and no friend quite like mine.



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

200 Wampanoag Trail | East Providence, RI 02915 | (401) 434-1520 | www.hattiedecliffe.com

Hattie Ide Chaffee Home is a 60 bed non-profit medical facility which specializes in skilled nursing and rehabilitative services.

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Moving with Arthritis

Key to dealing with Arthritis – KEEP MOVING!

Exercise is an essential part of a treatment plan for individuals with any type of arthritis



Even one session of mild activity, such as walking, can decrease stiffness and pain immediately

Regular physical activity, including aerobic, resistance, flexibility and neuromotor training will:



Reduce pain (often decrease need for pain medication)



Improve fitness (all aspects, such as aerobic fitness, or strength), and importantly, function



Improve balance



Improve sense of well-being

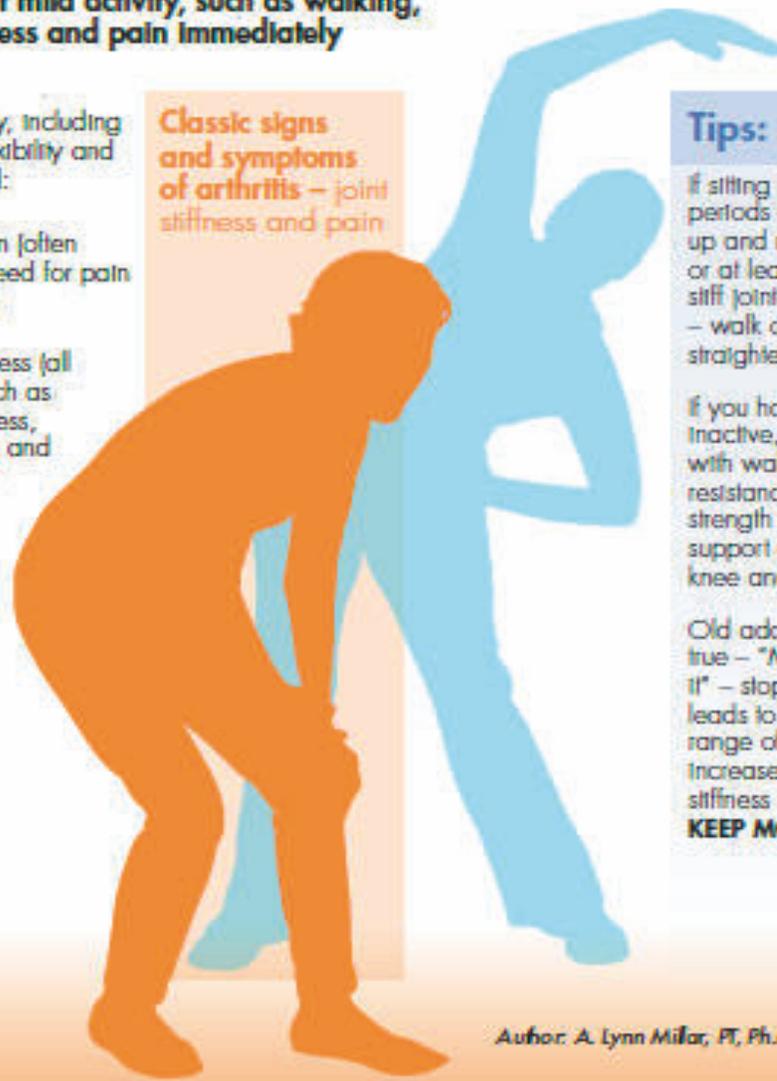


Improve sleep



Decrease stiffness

Classic signs and symptoms of arthritis – joint stiffness and pain



Tips:

If sitting for prolonged periods of time, get up and move regularly or at least move the stiff joints (leg – knees – walk or bend and straighten a few times)

If you have been inactive, you can start with walking and light resistance activity (leg strength helps develop support around the knee and hip)

Old adage is true – “Move it or lose it” – stopping activity leads to loss of joint range of motion, and increased pain and stiffness – so let’s **KEEP MOVING**

Author: A. Lynn Miller, PT, Ph.D., FACSM; 2020



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.

Guess Who Retired?



Ellen Frazier, Elder Resource Specialist has retired after 22 years of service to the City of East Providence. Ellen will be missed here at the Senior Center where she worked tirelessly supporting our senior population and their families with information, support and referrals. Many of our Senior Center members will miss Ellen's warm phone calls each morning confirming their pick up time by our drivers to the Senior Center. Ellen will also be missed by the Friday morning meditation group which she facilitated for many years.

We wish Ellen the best!

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



east bay community action program
THE BRIDGE TO SELF-RELIANCE

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



Walk with Ease

An evidence-based guided walking program

Starts May 17th

at the East Providence Senior Center

Monday, Wednesdays and Fridays from 9-10 am



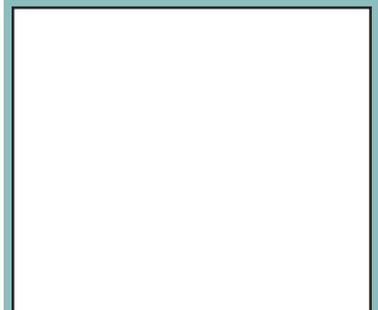
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For more information or to sign up contact
Mark Chittim at 401-680-3030 or mchittim@ebcap.org

The Arthritis Foundation's program is proven to reduce the pain of arthritis and improve overall health

No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation's six week Walk With Ease program can teach you how to safely make physical activity part of your every

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\$3.00 Suggested Donation



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Juice 3 Cheese Omelet, Turkey Sausage, Tomato Slice French Toast Sugar Free Pancake Syrup Milk	4 Juice 4 Sliced Ham & Swiss Cheese on Whole Grain Bread w/Mustard Baked Lays Chips Mandarin Oranges Milk	5 Juice 5 Grilled Seasoned chicken w/Lettuce, Tomato & Mayo on a Bulky Roll Chips Pineapple Tidbits Milk	6 Juice 6 Tuna Salad on Pita Bread 3-Bean Salad Fresh Fruit Milk	7 Juice 7 Hamburger on a Roll w/Mustard & Relish Side Salad w/Low Sodium Italian Dressing Mixed Fruit Cup Milk
10 Juice 10 Chicken Parmesan on a Roll Beet Salad Pie Slice Milk	11 Juice 11 Country Fried Steak w/Mayo on a Roll Tomato & Cucumber Salad Diced Peaches Milk	12 Juice 12 Sliced Turkey on Whole Grain Bread w/Mayo Baked Lays Chips Fresh Pears Milk	13 Juice 13 Meatball Sub Tossed Salad w/Dressing Fig Newtons Milk	14 Juice 14 Seafood Salad on 9 Grain Bread Carrot Slaw Fruit Bar Milk
17 Juice 17 Egg Salad on Naan Bread Baked Sour Cream & Onion Chips Fresh Fruit Milk	18 Juice 18 Grilled BBQ Chicken on a Roll Cole Slaw Cookie Milk	19 Juice 19 Vegetable Burger w/ Cheese on a Bun w/Ketchup, mustard & relish Potato Salad Mixed Fruit Cup Milk	20 Juice 20 Salami & Cheese on a Croissant w/Mustard Broccoli Slaw Diced Peaches Milk	21 Juice 21 Knockwurst on a Roll w/Mustard Pasta Salad Fresh Fruit Milk
24 Juice 24 Chicken Salad on a Bed of Lettuce w/Tomato & Cucumber Roll Pineapple Tidbits Milk	25 Juice 25 Veal Parmesan on a Roll Macaroni Salad Fresh Fruit Milk	26 Juice 26 Salisbury Steak on a Roll Chips Mixed Fruit Cup Milk	27 Juice 27 Kielbasa on a Roll Cole Slaw Cookies Milk	28 Juice 28 Hot Dog on a Roll w/Relish Baked Lays Chips Granola Bar Milk
30 30 Memorial Day CLOSED				

Funded in part by the US administration on aging and state funds by the Rhode Island Department of Elderly Affairs.

All menu items may contain nuts, seeds, beans, wheat bran, and other allergens.
 Menu Items are Subject to change