

# East Providence Senior Activity Center



610 Waterman Avenue  
East Providence, RI 02914  
401.435.7800  
Fax: 401.435.7803  
[www.eastprovidence.com](http://www.eastprovidence.com)

## November 2020

### Letter from the Director :

Dear Members,

The City 's Safety Team has approved the Senior Center's phased reopening plan. However, in an abundance of caution reopening will be delayed based on the data and recent guidance changes we are receiving from the Governor and the Rhode Island Department of Health . The first phase of reopening will be to reopen our fitness center and library, date to be determined.

Please note that all East Providence Senior Center membership fees will be extended . We are not renewing memberships at this time.

Wishing you all good health,

Laura Jones



### SENIOR SHOPPING SERVICE

Come join us for a safe shopping excursion on  
Tuesdays

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 will be offered on Tuesdays. There will be two runs. Morning run to Stop and Shop and an afternoon run to Shaws.

For more information or to make an appointment call the Senior Center at  
401-435-7800.

Honoring  
ALL WHO  
served

THANK YOU  
VETERANS



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### 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

**Laura Jones**

Director 401-431-4608  
ljones@eastprovidenceri.gov

**Shontell Gomes**

Admin. Assistant 401-270-1792  
sgomes@eastprovidenceri.gov

**Ellen Frazier**

Elder Resource Specialist  
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efrazier@eastprovidenceri.gov

**Cindy DeMedeiros**

Dining Room 401-270-1814  
cdemedeiros@eastprovidenceri.gov

**Pat Thomas**

Member Services Representative  
401-270-1863  
pthomas@eastprovidenceri.gov

**Richard DiCecco** Facilities

**Kenny Atkinson** Facilities

Edward Daft	Transportation
Steve Checrallah	Transportation
Lee Wilber	Transportation
Richard Wood	Transportation

### *Advisory Board*

Maryann Leonardo Eleanor Monteiro

Angela Caldarone-Byrd Judy Phillips

Jim Phillips George Furtado

Jan Kinder Ann Fagundes

Ken Goucher Elaine Robinson

Donald Senna

## **TAKE IT OUTSIDE**

Are you interested in getting some exercise, meeting up with old friends or making new ones?

Consider joining in for a game of Bocce.

Meet up at the East Providence Center for a game of Bocce on Tuesday Mornings from 9:00 am—12:00 pm

Cloth Face Coverings are required of all.

Physical Distancing will be practiced to keep all safe.

Please call 401-435-7800 to reserve your spot.



## **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.

## **VOLUNTEER PANTRY DRIVERS NEEDED**

Interested in volunteering?

Go onto the City of East Providence website at [www.eastprovidenceri.net](http://www.eastprovidenceri.net) and click on jobs and volunteers.



## Having trouble paying your heating bill?

- **To receive help...**
- You don't have to be on public assistance
- You don't need to have an unpaid heating bill
- You can either rent or own your home A family of 3 can make up to \$4,343 a month

Our Low-Income  
Home Energy  
Assistance Pro-  
gram  
Could Help

Call East Bay Community  
Action Program at  
401-437-5102  
to find out if you qualify!



community  
action







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

Check out the Age-Friendly Virtual Community Center  
November Calendar of Events

<https://agefriendlyri.org/events/month/2020-11/>

**If you haven't checked out the Virtual Community Center you  
don't know what your missing !**

**Programs now available in Spanish**

## **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 try it out contact Susan at  
[Susanabayley@icloud.com](mailto:Susanabayley@icloud.com)  
Susan will send you an invite to join in.



# RECIPE OF THE MONTH



## SALMON AND ASPARAGUS SHEET PAN

**PREP TIME:** 5 minutes | **COOK TIME:** 15 minutes | **SERVINGS:** 2 | **NET CARBS:** 4.41

- 1/2 teaspoon ground black pepper
- 1 tablespoon, plus 1/4 teaspoon, extra-virgin olive oil
- 1/8 teaspoon salt, divided
- 2 salmon fillets (4 ounces each), no more than 3/4-inch thick
- 1 pinch black pepper
- 3 tablespoons olive oil-based mayonnaise
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 1/4 teaspoon minced or pressed garlic
- 1 tablespoon grated Parmesan cheese

*November is Vitamin D Awareness Month! Salmon is a great source of vitamin D anytime of the year.*

**HEAT** oven to 425 F.

Wash asparagus and remove woody ends. Place on rimmed baking sheet and **TOSS** with 1 tablespoon olive oil and pinch of salt. Arrange in single layer, leaving space for salmon. Place salmon skin-side down on sheet. Brush with remaining olive oil and season with remaining salt and pepper. Place in oven and **BAKE** 12 minutes.

In small bowl, combine mayonnaise, lemon juice, mustard and garlic.

Remove sheet pan from oven, **SPRINKLE** asparagus spears with cheese and cook 3 minutes, or until fish reaches 145 F and asparagus spears are tender and beginning to brown on tips.

Plate one fillet and half the asparagus. **DRIZZLE** each plate with about 2 tablespoons mayonnaise sauce and serve.

*Find more recipes like Salmon and Asparagus Sheet Pan or Spicy Crispy Chickpeas and ideas for a balanced, low-carb approach to eating well at [Atkins.com](https://atkins.com). (Courtesy of Family Features)*

**NOVEMBER** | 2020

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# HEALTH & WELLNESS

## INDEPENDENT VERSES ASSISTED LIVING

If you or an older family member are considering moving to a senior living community, you may be wondering what type of care is best. People often find it confusing to understand how independent living differs from assisted living. It's an important distinction.

Both types of senior housing are popular with seniors and their families. They provide older adults with an environment that supports their quality of life during retirement. Each is designed to offer services and amenities that meet the unique needs of seniors who are at different stages of life.

### WHAT IS INDEPENDENT LIVING?

Independent living communities are an ideal retirement option for active seniors. They offer a lifestyle free from the burdens and financial costs of home ownership. Most independent living communities include maintenance, housekeeping, snow removal, lawn care, and trash removal in their basic fee.

Because residents don't have to worry about the demands of keeping up a home, they have more time to pursue hobbies, favorite pastimes, and other interests. Independent living communities typically offer a wide array of life-enrichment activities. They range from yoga and tai chi to card clubs, movie nights, and art classes.

Independent living communities often host local group outings, organize travel to destinations near and far, and coordinate volunteer projects.

A few of the benefits of moving to an independent living community include:

**FITNESS CLASSES:** Wellness programs like chair yoga,

stretching, swimming, walking, weight training, and Pilates are common.

**LIFE ENRICHMENT:** On-campus lectures, musical entertainment, art classes, religious services, craft workshops, gardening, and volunteer projects are all popular activities.

**INFORMAL GATHERINGS:** Another advantage of an independent living community is how easy it is to expand social networks. There are many informal opportunities to make new friends, from residents gathering over a cup of coffee in the dining room to a friendly game of billiards in the game room.

**SAFE ENVIRONMENT:** These communities also offer peace of mind. Accessible bathrooms, fire-suppression systems, grab bars, and handrails are usually standard.

### WHAT IS ASSISTED LIVING?

An assisted living community offers the same benefits as independent living, but with an added layer of care and support. They offer assistance with tasks that are referred to as activities of daily living. Those include help with medication management,

assistance with personal care, and support with toileting.

Another question people often ask is how assisted living communities differ from nursing homes. The primary distinction is that while assisted living residents require support with the activities of daily living, nursing home residents usually have more complex medical needs. This care is usually provided by skilled nurses, therapists, and other licensed medical professionals.

In an assisted living community, the services generally offered include:

- Help with bathing, grooming, and dressing
- Monitoring of chronic health conditions
- Nutritious meals and snacks
- Toileting and continence care assistance
- Medication administration and reminders
- Transportation for appointments and errands



Help City of East Providence meet its 2020 energy efficiency goals.

Take the first step by scheduling a no-cost Virtual Home Energy Assessment.  
Visit : [ngrid.com/rivirtualassessment](https://ngrid.com/rivirtualassessment) or call 1-888-633-7947.

You may also be eligible for:

- At least 75% or more off approved insulation and air sealing improvements up to \$4,000.
- No-cost LED light bulbs, faucet aerators, showerheads, and advanced power strip.
- Rebates and financing available for mini-split heat pumps.
- No -cost recycling of a fridge or freezer, plus a \$50 reward.
- Save up to \$75 on a Wi-Fi programmable thermostat.
- 0% interest heat loan.

These programs are funded by the energy efficiency charge on all customers' gas and electric bills, in accordance with Rhode Island law.

#### Start using less energy with these tips:

1. Dry only full loads of laundry and save \$7 a month
2. If you have an electric clothes dryer, clean the filter and straighten the exhaust hose/duct to save \$3 a month
3. Repair leaky faucets and save \$6 a month
4. Turn off lights, appliances, TVs, stereos, and computers when not in use, and save \$9 a month
5. Sign up for a no-cost Home Energy Assessment and get custom energy saving recommendations





**LOCAL HELP FOR PEOPLE WITH MEDICARE**

## **Medicare Open Enrollment is Oct. 15th-Dec. 7th**

**The State Health Insurance Program (SHIP)** provides assistance to individuals who are aging into or who are already enrolled in the Medicare system. SHIP counselors provide individual, unbiased counseling to Medicare eligible beneficiaries to help them understand health care cost/coverage and to make the most appropriate choice for their health care needs.

**SHIP** serves Medicare beneficiaries, caregivers, adults with disabilities, and low-income individuals who may qualify for assistance programs. Whether you are turning 65 or under the age of 65 and receive Social Security Disability benefits, SHIP counselors can help you make informed choices and answer your questions.

### **Due to Covid-19, Rhode Island's Office of Healthy Aging**

is requiring all SHIP counseling to be done by phone. If you need assistance to review your plan, call to schedule your appointment with a SHIP counselor soon.

**For more information or to schedule an appointment call  
East Bay Community Action Program at 401-435-7876.**

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10

East Providence Senior Center, East Providence, RI

04-0741



MY TURN

## 75 years after World War II, a veteran's story resounds today

By Marion Wrye

On Sept. 2, 1945, my longtime East Providence neighbor, Jack Oliver, was in Tokyo Bay when the peace treaty between Japan and the Allied Powers was signed.

Although victory in Europe had occurred in May and Japan had surrendered on Aug. 14, World War II was not officially over until the treaty was signed that morning on the USS Missouri. Jack was in the United States Navy, Amphibious Force. "Practically the whole U.S. fleet was in Tokyo Bay," Jack told me. "They had been preparing for invasion, but they dropped the bomb instead."

Jack, who will be 100 in January, is a modest man, scrupulous about facts and details regarding his war memories. I'd known him many years before he showed me his letters of commendation and told me the stories behind them, stories still inspiring today.

Jack joined the Navy in April 1942, and was trained on the LCT barge in Virginia. The LCT delivered soldiers and supplies to beaches and areas inaccessible to ships. After training, he was sent to North Africa and the struggle to open the Mediterranean. By December 1945, Jack had also served in Sicily, Salerno, Anzio, England, France, and the Pacific.

My conversations with Jack have meant much to both of us. "You can't just talk about [the war] every day," Jack said, "but it's always in the back of

your mind." When he told me about the invasion of Sicily on July 10, 1943, code-named Operation Husky, I thought about my deceased father, a Canadian soldier, who was also there that morning. It was the largest armada in history before Normandy. Jack's vivid retelling of the invasion and the fierce storm the night before gave me a glimpse of my father's experience.

After Operation Husky, the Americans went up the west coast of Italy to the beaches of Salerno and Anzio where "they shelled the hell out of us," Jack said. The Allied objective was to liberate Rome and secure control of the Mediterranean to keep the oil moving for the invasion of France.

Jack's first letter of commendation cites Oct. 16, 1943, as the day his single-handed actions saved Naples from catastrophe. His LCT No. 340 was off-loading 12,000 tons of bombs from the Liberty ship SS John Jay. The LCT was already loaded with 200 tons of these munitions. Suddenly smoke poured from the starboard bow locker below, itself filled with containers of gasoline and small arms ammunition. Jack grabbed a pair of asbestos gloves, rushed down to the locker, dragged the burning material out, and threw it into the bay.

"Naples would have been blown off the map," Jack said. "But there was no loss of life that day."

The letter of commendation says:

"Without regard for your

personal safety, you entered the locker and removed the burning materials. The result of your actions undoubtedly saved the lives of many people as well as the LCT and Liberty ship, SS John Jay, lying alongside.

"Your heroism and admirable conduct were in keeping with the highest traditions of the Naval Service, and, for this, you are hereby commended."

Although the second letter cites Jack's "personal courage, determination, and excellent performance," it doesn't convey the complex story, which is worthy of a Hollywood film: storm at sea, flooding engine room; broken cables; sailors thrown into life rafts on giant waves; Jack chopping the rope connecting two endangered rafts to the LCT, saving the crew, but stranding himself and the captain who endured many hours adrift on rough seas before being rescued.

When I asked Jack what he thought the difference between his generation and today's was, he answered immediately: "People today don't know what can happen."

Although Jack's character and wartime service are inspiring and worthy of honor, it's his wisdom that we most need today. With the rise of a new nationalism and thousands of nuclear weapons worldwide, it's of utmost importance to know what can happen.

Marion Wrye taught high school and college English in Rhode Island for many years.





# Powerful Tools For Caregivers

## Enrolling Soon!

*Are you a caregiver helping a relative or friend? Please join us for a free-Virtual, award-winning educational program.*

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- Restore the balance between caring for others and caring for yourself.
- Communicate your needs to family and health care providers.
- Identify and use community resources more effectively.
- Increase confidence in coping with difficult caregiving demands.



# FOOD DISTRIBUTION

The East Providence Senior Center is delivering Meals on Wheels to individuals who are age 60 or older who are homebound, unable to drive/utilize public transportation, leave their home independently, unable to shop and/or prepare a nutritious meal due to the Covid-19 pandemic. For more information call the East Providence Senior Center at 401-435-7800.



## 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

## GRAB & GO Lunches

Please make your reservations at least 24 hours in advance.

East Providence Senior Center Cafe Phone: (401)-270-1814

For Goldsmith/City View Cafe Phone: (401) 434-7645

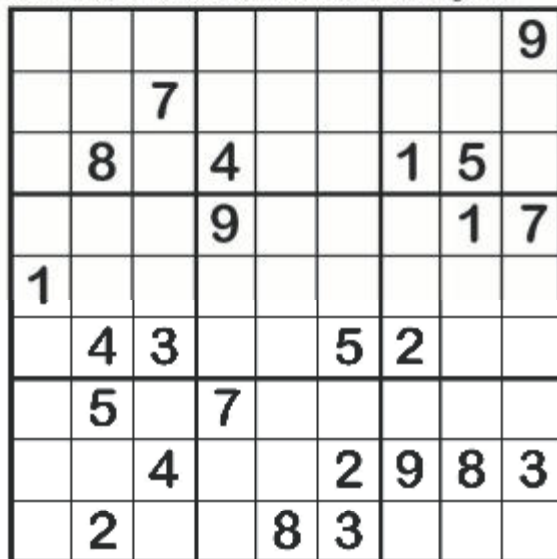
*These boxed lunches are for people aged 60/+ or disabled individuals.*



# PUZZLES OF THE MONTH

## Sudoku

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



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DIFFICULTY: ★★★★★

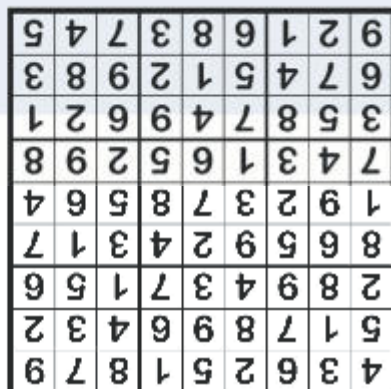
## ENIGMA™ CRYPTOGRAM

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

"BSBJLNKTIU PNCJNP CP  
PGXBGWGL'P VCLVJBCX."

— HCJL ITSBI

PREVIOUS SOLUTION: "Everything starts as somebody's dream." — Lao Tzu



Answer to Sudoku



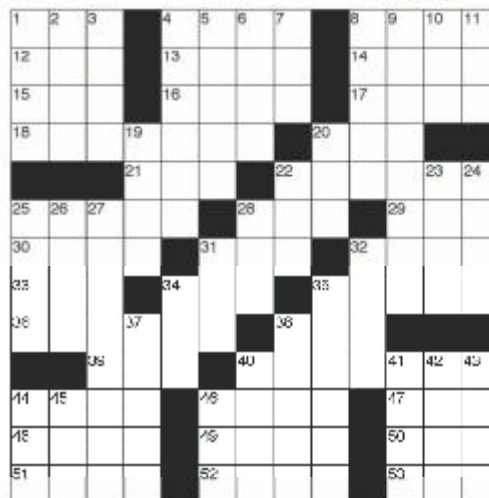
## CROSSWORD PUZZLE

### ACROSS

- 1 Ruler of Tunis
- 4 Today (Ital.)
- 8 Part of QED jurisdiction
- 12 Soft drink
- 13 Stir up
- 14 Ceophagy
- 15 Naft
- Endowment for the Arts (abbr.)
- 16 Togs
- 17 Org. or Petroleum Exporting Countries (abbr.)
- 18 Net
- 20 Genetic letters
- 21 Like (sur.)
- 22 Turk. Inn
- 25 Friend of Pythias
- 28 Hebrew letter
- 29 I. (Ger.)
- 30 Frenzied
- 31 Wolfenite
- 32 Jackfruit
- 33 Illness
- 34 Grab
- 35 Germanic gods
- 36 Goal
- 38 Old-Eng. jurisdiction
- 39 Beak
- 40 Ram
- 41 Cushitic lang.
- 46 Breathe rapidly
- 47 Proportional shoe width
- 48 Danube tributary
- 49 Pueblo Indian
- 50 Possessed
- 51 Dutch painter
- 52 Afghan title
- 53 Environmental Protection Agency (abbr.)

### DOWN

- 1 Nemesis
- 2 Earthly paradise
- 3 Votes
- 4 Decree



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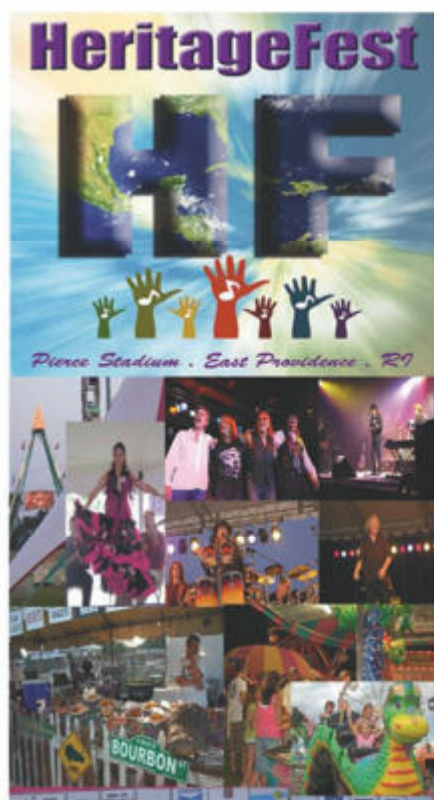
A26

- 5 Squash
- 6 Fr. author
- 7 Fr. pronoun
- 8 Goddess of horses
- 9 Growing by a riverbank
- 10 Unit
- 11 Tactical Air
- Command (abbr.)
- 19 Cozy retreat
- 20 Dept. of Motor Vehicles (abbr.)
- 22 Adjective-forming (suf.)
- 23 Geological epoch
- 24 Asian desert
- 25 Foolish
- 26 E. Indian tanning tree
- 27 Sad
- 28 Flap
- 31 Grimalkin
- 32 Male person
- 34 Pen point
- 35 Physician
- 37 Scand. people
- 38 Branch of Muslim
- 40 Heddles of a loom
- 41 US dam
- 42 Eucalyptus secretion
- 43 French art group
- 44 Kilometers per hour (abbr.)
- 45 Military macaw
- 46 School organization (abbr.)

NOVEMBER | 2020

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**East Providence Heritage Days Inc.**  
 610 Waterman Avenue, East Providence RI

## 20 Week Raffle

August 7 ~ December 18, 2020

**First Prize** drawn on December 18 **\$1,000.00**

**2-\$250.00 winners** drawn on August 7

**18-\$50.00 winners** drawn on Fridays, Aug. 14-Dec. 11

**1-\$100.00 winner** drawn on December 18

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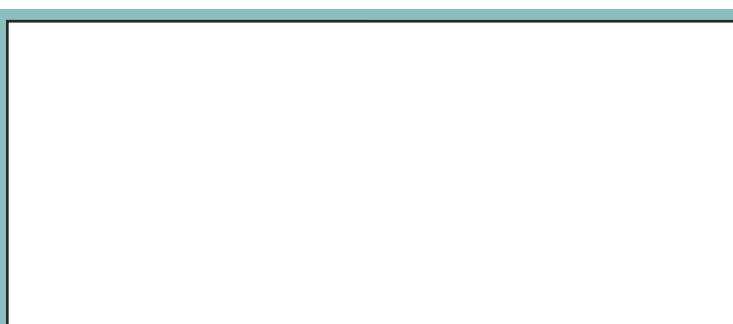
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**Thrive Locally**

## \$3.00 Suggested Donation



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Juice Crab Cake on Wheat Roll w/Tartar Sauce Vegetable Salad Brownie Milk	<b>3</b> <u>CLOSED</u> Election Day 	<b>4</b> Juice Shrimp Salad on Pita Chips Pudding Milk	<b>5</b> Juice Turkey & Cheese on Wheat w/Mustard Potato Salad Graham Crackers Milk	<b>6</b> Juice Homemade Meatloaf on 9-Grain w/Ketchup Chips Fresh Fruit Milk
<b>9</b> Juice Italian Tuna on Whole Wheat Chips Granola Bar Milk	<b>10</b> Juice Roast Beef & Cheese on Oatmeal w/Mayo Chips Fresh Fruit Milk	<b>11</b> <u>CLOSED</u> <b>Veterans Day</b>	<b>12</b> Juice Ham Salad on a Croissant Chips Cookies Milk	<b>13</b> Juice Seafood Salad on Bulky Roll Chips Fruit Bar Milk
<b>16</b> Juice Chicken Salad on Bulky Roll Chips Granola Bar Milk	<b>17</b> Juice Egg Salad on Rye Chips Fresh Fruit Milk	<b>18</b> Juice Low Sodium Hot Dog on a Roll w/Relish Pretzels Lorna Doones Milk	<b>19</b> Juice Grilled Chicken Tossed Salad w/Italian Dressing Pita Bread Pudding Milk	<b>20</b> Juice Tuna Salad on Multi Grain Chips Fruit Cup Milk
<b>23</b> Juice Ham & Cheese on Wheat w/Mustard Chips Chocolate Chip Cookies Milk	<b>24</b> Juice BBQ Chicken Breast on a Roll Chips Fresh Fruit Milk	<b>25</b> Juice Thanksgiving Sandwich Turkey/Stuffing/Cranberry sauce on a Bulky Roll Chips Pie Milk	<b>26</b> <u>CLOSED</u> Thanksgiving Day	<b>27</b> <u>CLOSED</u> Thanksgiving Holiday 
<b>30</b> Juice Italian Style Chicken on a Roll w/Mayo Chips Peaches Milk		MENU ITEMS ARE SUBJECT TO CHANGE		