

East Providence Senior Activity Center



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

November 2021

Message from the Mayor:

It's hard to believe it is already November. There are so many great things happening in our city this month. November is a month for all of us to reflect and be thankful.

During this month, we are thankful for many things – our family, our health, our friends and of course, our Veterans.

This year we will again take a moment to celebrate our Veterans on Veterans Day. We invite all of our Veterans and their families and all of you to join us in celebrating our Veterans.

Save the date, November 11, 2021. On this date we will be celebrating our Veterans at a ceremony at the Garden of Flags, which was erected in honor of our citizens of East Providence who served in Vietnam. The Garden of Flags is located at Veterans Memorial Parkway. We will be sending out more details soon and hope to see you all there.

On behalf of my office and the entire staff with the City of East Providence, we'd like to wish you a happy and healthy Thanksgiving Day holiday.



Sincerely,
Mayor Bob DaSilva

COVID 19 Booster Shots

Available

Make Your Appointment

vaccinateri.org

Vaccines available at

585 Taunton Avenue

East Providence

Additional clinic locations and
criteria can be found on

<https://covid.ri.gov>

Taunton Avenue Clinic Hours

Mondays

9:00 am-5:00 pm

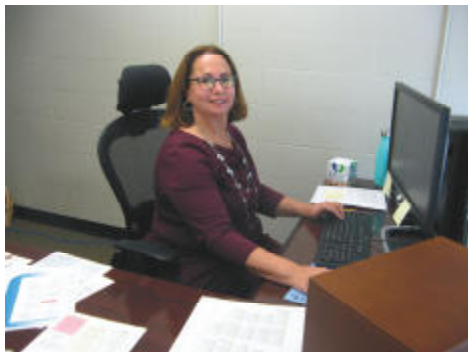
Wednesdays

9:00 am-3:00 pm

Fridays

9:00 am-3:00 pm

Please call the EPSC if you need
assistance making an appointment
or need a ride to a clinic .



Letter from the Director:

I want to take this opportunity to write a thank you note for all who have been instrumental in reopening the Center after being closed due to the pandemic. It took everyone to make this happen and I am proud to say we are back at full capacity!

Thank you to my dedicated staff who have worked tirelessly getting programs, transportation, membership and services up and running.

I want to take this time to officially welcome our newest instructors who have joined our team here at the East Providence Senior Center. Thank you to Sue Young, Robin Cullinan, Cynthia Charron, Roberta Shine and Marilyn Thetonia.

Last but not least, thank you to our volunteers who have returned to volunteer their time in our fitness center, gift shop, library, dining room and coffee bar. Thank you also to those who volunteer with programs including: BINGO, picking up bread, knit and crochet, billiards and Hi Lo Jack. In addition, a big shout out to the Senior Center Advisory Group for their dedication.

Sincerely,

Laura Jones, Director of Senior Services
City of East Providence

Staff

Laura Jones

Director 401-431-4608
ljones@eastprovidenceri.gov

Shontell Gomes

Admin. Assistant 401-270-1729
sgomes@eastprovidenceri.gov

Shahnee Lagor

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Elder Resource Specialist
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Cindy DeMedeiros

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

Pat Thomas and Stephanie Walsh

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

Facilities

Richard DiCecco Kenny Atkinson

Transportation

Richard Wood Joe Serodio Dennis Price

MEDICARE OPEN ENROLLMENT IS NOW

United Healthcare Medicare Open Enrollment Events

November 10th – 10:00-12:00

November 12th-11:00-12:00

November 18th-11:00-12:00



MEDICARE OPEN ENROLLMENT

Oct. 15-Dec. 7th

State Health Insurance Assistance Program (SHIP)



Make an appointment to review your current Medicare plan with SHIP Counselors at the East Providence Senior Center. Every year plans change along with your healthcare needs. Open enrollment period is the time to review and make sure you have the right plan to optimize your health care at the best price. Learn about new options available and get assistance signing up. If you are new this year to Medicare, our SHIP counselor can walk you through the process. Appointments are available on Mondays and Fridays from 8:00 am-4:00 pm. Call 401-435-7876 ext. 1171 to make your appointment with John

Len Walker

Managing Partner and Senior Agent for Healthcare Solutions Team

Len is a licensed broker in over 20 states including Massachusetts and Rhode Island. Len has committed to working with you either at the Center, or if you prefer, at your home. Len will be available by appointment during open enrollment, Oct.15th-Dec. 7th, to help you review your current Medicare plan and talk to you about new plans available for 2022. Len will be at the East Providence Senior Center on Tuesdays. Please call and schedule your appointment now by calling Len at 508-283-7957. Please see Healthcare Solutions Ad in this newsletter.

Blue Cross Blue Shield Medicare Open Enrollment Events

November 2nd -11:00-12:00

November 9th -9:00-11:00





ADVOCACY FOR CRIME VICTIMS

East Bay Community Action Program (EBCAP) provides specific services to victims of crime through the Victims of Crime Act (VOCA). This program provides advocacy and support services to victims of all crimes. Whether you are a recent victim or have a history of one or several incidents, EBCAP's VOCA Program can provide you with assistance. Our advocates serve residents of East Providence, Barrington, Bristol, Warren, Tiverton, Little Compton, Jamestown, Newport, Middletown, Portsmouth as well as Central Falls and Pawtucket.

Handling the current situation

Keep →

Moving →

Forward →

Past or present victimization can affect an individual's entire life beyond the immediate injury or loss. The VOCA program at EBCAP helps you:

- Assess your situation and identify next steps
- Links you to resources to help you monitor your ongoing case or deal with past victimization
- Access the criminal justice system if appropriate, including the victim compensation fund, if eligible
- Understand your rights and responsibilities

Have you or someone you know been a victim of domestic violence, identity or financial theft, harassment or elder abuse?

Contact our trained advocate for assistance.

East Providence Senior Center *Advisory Board*

Maryann Leonardo

Judy Phillips

Jim Phillips

Ann Fagundes

Elaine Robinson

Eleanor Monteiro

Jan Kinder

George Furtado

Ken Goucher

Donald Senna

Programs Happening In November

Healthy Heart Nutrition Program **Shaking the Salt Habit to Lower Blood Pressure**

Mandatory for those in the self-monitoring blood pressure program but all are welcome!

Date: Monday, November 22nd

Time: 11:30 am-12:30 am

Learn the 6 signs that you are eating too much salt. Get tips on what to look for when you are grocery shopping and how to limit your sodium intake during meals.



University of Rhode Island SNAP Education

Mindful Eating During the Holidays

Date: Wednesday, November 17th

Time: 10:30 am-11:30 am

Come learn how to be more mindful when eating during the holidays. Sample a fall favorite recipe and take home a free recipe calendar for 2022.



Registration is required for all programs by calling the East Providence Senior Center at 401-435-7800 or stopping by the center's reception desk.

Fitness Programs



Chair Yoga with Marilyn

Mondays-10:00-11:00

Instructor- Marilyn Thetonia

Cost- No Cost

Room- Craft Room

Registration Required-Limited to 15 Participants

Marilyn is a snow bird, last class this year is Nov.25th

Chair Exercise with Cyn

Tuesdays-10:45-11:45

Instructor-Cynthia Charron

Cost-\$2.00

Room-Multipurpose Room

Registration Required-Limited to 25 Participants

Zumba Gold

Mondays-10:30-11:30

Instructor-Sue Young

Cost-\$2.00

Room-Multipurpose Room

Registration Required-Limited to 22

Pace Chair Exercise

Wednesdays and Fridays -10:45-11:45

Instructor-Muriel Woodcock

Cost- No Cost

Room-Multipurpose Room

Registration Required-Limit to 25 Participants

Line Dancing

Mondays-1:30-2:30

Instructor- Sue Young

Cost- \$2.00

Room-Dining Room

Registration Required-Limited to 20 Participants

20/20/20 Exercise

Thursdays-9:30-10:30

Instructor-Robin Cullinan

Cost-\$2.00

Room- Multipurpose Room

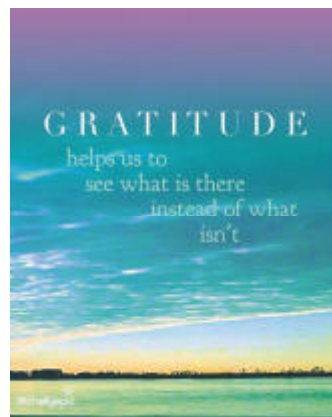
Registration Required-Limit to 25 Participants

MINDFUL MEDITATION

Fridays at 11:00 am

Join us every Friday for an hour of mindful meditation. In November, John LaCross will host a 2-part series on healing energy and the power of Reiki. Classes will also explore ways to express gratitude during the holiday season.

Space is limited. Registration is required.



Senior Center Services

Healthy Aging Nurse Coordinator

Shahnee Lagor, BSN, RN-BC

Office hours: Monday, Thursday and Friday

9:00 am-2:30

Nurse is located in the Health Office

Registered Dietitian

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

Office hours: Tuesdays and Wednesdays by appointment,

Call 401-447-6299

Eastside Clinical Laboratory

When: The first Wednesday of each month, Nov. 3rd

Time: 8:30 am-11:30 am

Drop In Service: Just bring your lab slip

Notary Public

Pat Thomas, Receptionist

The Senior Center now offers the services of a notary.

Pat is available M-F 8:00 am-12:00 pm to notarize documents for our seniors.

Blood Pressure Clinics

10:30 am-11:30 am

No Registration Required

Grace Barker

2nd Tuesday of each month, Nov.9th

Hattie Ide Chafee

3rd Tuesday of each month, Nov.16th

Senior Shopping

Thursday Mornings by Appointment

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.

November

M O N D A Y	T U E S D A Y	W E D N E S D A Y	T H U R S D A Y	F R I D A Y
1 8:00-4:00 SHIP 9:00-2:45 Nurse 10:00 Chair Yoga with Marilyn 10:30 Zumba Gold 10:45 Computer Basics 1:30 Line Dancing	2 Medicare assistance by appointment, Len Walker 8:00 –4:00 Nutritionist 9:00 Bocce 10:00-12:00 Paint Class 10:45 Chair Exercise/ Cyn 11:00 BCBSRI Medicare Info 1:30 BINGO 2:00 Multi-Media Art Class	3 8:00-4:00 Nutritionist 8:30-11:00 Eastside Clinical Lab 10:45 Pace Chair Exercise 1:00 Cribbage	4 9:00-2:45 Nurse 9:30 20/20/20 with Robin Cullinan 10:00-12:00 Computer Basics 10:30 RIPIN/ NHPRI Presentation 12:30 Bridge 1:00 Knit and Crochet	5 8:30 Scrabble 9:00-2:45 Nurse 8:45 Blended Yoga 10:00 Mah Jongg 10:45 Pace Chair Exercise 11:00-4:00 SHIP 11:00 Meditation 1:30 Hi-Lo Jack
8 8:00-4:00 SHIP 9:00-2:45 Nurse 10:00 Chair Yoga with Marilyn 10:30 Zumba Gold 10:45-11:45 Computer Basics 1:30 Line Dancing	9 Medicare assistance by appointment, Len Walker 8:00 –4:00 Nutritionist 9:00 BCCSRI Medicare Info 9:00 Bocce 10:00-12:00 Paint Class 10:30-11:30 BP Clinic 10:45 Chair Exercise /Cyn 1:30 BINGO 2:00 Multi-Media Art Class	10 8:00-4:00 Nutritionist 10:00-12:00 United Health Medicare Event 10:45 Pace Chair Exercise 1:00 Cribbage	11 Closed Veteran's Day 	12 8:30 Scrabble 8:45 Blended Yoga 9:00-2:45 Nurse 10:00 Mah Jongg 10:45 Pace Chair Exercise 11:00-4:00 SHIP 11:00-12:00 United Health 11:00 Meditation 1:30 Hi-Lo Jack
15 8:00-4:00 SHIP 10:00 Chair Yoga with Marilyn 10:30 Zumba Gold	16 Medicare assistance by appointment, Len Walker 8:00 –4:00 Nutritionist 9:00 Bocce	17 8:00-4:00 Nutritionist 10:30 URI SNAP Program 10:45 Pace Chair Exercise	18 9:30 20/20/20 with Robin Cullinan 10:00-12:00 Computer Basics	19 8:00-4:00 SHIP 8:30 Scrabble 8:45 Blended Yoga 10:00 Mah Jongg

10:30 Zumba Gold	10:00-12:00 Paint Class	10:45 Pace Chair Exercise	11:00-12:00 United Health Medicare Event	10:00 Man Jongg
10:45 –11:45 Computer Basics	10:30 BP Clinic	1:00 Cribbage	12:30 Bridge	10:45 Pace Chair Exercise
1:30 Line Dancing	10:45 Chair Exercise/Cyn		1:00 Knit and Crochet	11:00 Meditation
	1:30 BINGO			1:00 Insight support
	2:00 Multi-Media Art Class			1:30 Hi-Lo Jack
22 8:00-4:00 SHIP	23 Medicare assistance by appointment, Len Walker	24	25 Closed	26 No Lunch Today
9:00-2:45 Nurse	8:00 –4:00 Nutritionist	8:00-4:00 Nutritionist	Thanksgiving	8:00-4:00 SHIP
10:00 Chair Yoga with Marilyn	9:00 Bocce	10:30 Age Well Stay Connected, Computer Class		8:30 Scrabble
10:30 Zumba Gold	10:00-12:00 Paint Class	10:45 Pace Chair Exercise		8:45 Blended Yoga
10:45 –11:45 Computer Basics	10:45 Chair Exercise with Cyn	1:00 Cribbage		9:00-2:45 Nurse
11:30 Eating for a Healthier Heart Nutrition Class	1:30 BINGO			10:00 Mah Jongg
1:30 Line Dancing	2:00 Multi-Media Art Class			10:45 Pace Chair Exercise
				11:00 Meditation
				1:30 Hi-Lo Jack
29	30 Medicare assistance by appointment, Len Walker			
8:00-4:00 SHIP	8:00 –4:00 Nutritionist			
9:00-2:45 Nurse	9:00 Bocce			
10:00 Chair Yoga with Marilyn	10:00-12:00 Paint Class			
Last class of the year	10:45 Chair Exercise /Cyn			
10:30 Zumba Gold	1:30 BINGO			
10:45-11:45 Computer Basics	2:00 Multi-Media Art Class			
1:30 Line Dancing				



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Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com East Providence Senior Center, East Providence, RI 04-0741



Tuesdays

Cost: \$6.00 to play

Pull-tabs-.50 each

Dabbers for sale:-\$1.00

1:00 pm arrive to buy your BINGO packets .

Game starts at 1:30 pm.

Looking for BINGO Volunteers

Computer Basics with Amanda

When: Mondays and Thursdays

Cost: Free

Registering now for December's 4 -week sessions

Chrome Book computers available to use or bring your own laptop or tablet.

Call 401-435-7800 to register or for more information



Sign a Card for a Veteran!

Stop by the Senior Center to sign a card for a Veteran!
Cards will be supplied. Table is located in the Dining Room.

Cards will be sent out for Veterans Day and Christmas.

Let's show the Veterans our
support!



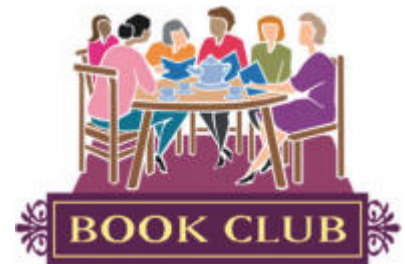
Library News

November's Book Club Selection

Discover a new way to connect yourself with others by joining the Senior Center Book Club hosted by the Weaver Library. Book clubs help improve brain function and expand vocabulary. Stay sharp by diving into a good book.

November book selection is: *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce.
Meeting time is Wednesday, November 17th at 10:30am.

Please see receptionist to sign up and receive a loaner book.



Age Well Get Connected

Sponsored by Eastbay Community Action

Do you have family that you would like to stay connected to?

Join us this month as we learn how to Zoom
Nov.24th –10:30-11:30

Monthly Computer Classes for Older Adults

To Register Call EPSC at 401-435-7800

4th Wed of each month. Chromebook computers will be available



Clocks get turned
back on Sunday,
November 7th at
2:00 am.



SENIOR MOMENTS



HEALTH & WELLNESS

MINDFULNESS AND ITS PROVEN IMPACT ON LONELINESS:

WHAT YOU SHOULD KNOW

Maybe you know someone who stands by taking five minutes each morning to meditate or finds time after lunch to quiet his or her mind and focus on breathing. Whatever the method may be, incorporating "mindfulness" practices into your life can have a wide range of positive health benefits like improving your memory, sleep, and immune

system, reducing stress and feelings of loneliness, and increasing compassion toward others and yourself.

Mindfulness means taking time to pay attention to yourself and your thoughts and feelings. Read on to learn how you can put mindfulness into practice in your life to help improve your overall health.

How to make mindfulness a routine part of your day.

1. Find five to ten minutes each day to sit quietly and focus on your breath. (Helpful hint: Put your phone on silent or in another room so you can concentrate!) Take the time to notice where your mind goes and how your body is feeling. You just might find that this helps you focus and prioritize your day.

2. Before you go to bed take time to focus on the good things that happened that day. Write your thoughts down in a journal. Writing them down can help you deliberately recognize the positive, even on a tough day.

3. Search for "mindfulness apps" on your smartphone or tablet that lead you in a mindfulness exercise. For many people, using an app is an easy way to remain consistent with the practice. And many of these apps are free!

Feeling lonely? Mindfulness can help.

Mindfulness has been shown to help older adults overcome a silent but urgent health issue: loneliness. It is estimated that

more than half of adults age 65 and over regularly experience moderate to severe loneliness. Loneliness is characterized by a marked difference between someone's desired companionship and actual relationships. Through unique studies conducted by UnitedHealthcare and AARP, researchers are applying the techniques of mindfulness to help combat loneliness in older adults.

Loneliness poses a serious threat to the quality of life for older adults. It is linked to negative health outcomes such as higher risk of dementia, mortality and disability.



"The health risk of chronic loneliness, in older adults, is equivalent to smoking 15 cigarettes a day, and has a greater impact on mortality than obesity," said Dr. Charlotte Yeh, M.D., chief medical officer, AARP Services Inc. "That is why UnitedHealthcare and AARP Services Inc. are collaborating to identify actionable solutions, geared for any individual across the spectrum of loneliness."

Researchers looked at whether mindfulness interventions, like breath awareness, self-compassion and kindness exercises, could positively impact a person's optimism and quality of life — all factors that help reduce loneliness.

Conclusions were encouraging: Mindfulness activities were shown to decrease loneliness among older adults. The research demonstrated that mindfulness reduced stress, and improved memory, sleep, the immune system, resiliency, and compassion for self and others.

Although loneliness is complex and challenging to address, a mindfulness practice may help you live your best life.

(Courtesy of BPT)

Don't Be a Victim of a Scam

National Grid Scam

- Individuals claiming to be from National Grid contact a business owner or a residential customer to demand immediate payment or else the company will shut off the power supply.
- In some instances, the scammers have been able to provide the customers with detailed information such as last payment date and amount.

REMEMBER: While National Grid may contact customers with past due balances by phone to offer payment options, the company NEVER demands direct payment immediately over the telephone.

IRS Phone Scam

- Individuals claiming to represent the IRS contact taxpayers via telephone, telling you that you owe back taxes and demanding that you pay the money immediately with a pre-loaded debit card or wire transfer. Caller often threatens victims with arrest, deportation or suspension of a business or driver's license.

International Lottery or Sweepstakes Scams

- Foreign lottery scam e-mails typically notify you that you've have won a large sum of money and that, in order to collect it, you must wire a processing fee using Western Union or Money Gram. The sender will often ask for money more than once to process the bogus winnings.



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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.

November 2021

Lunch is served at 12:00 pm

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Noodle Soup Kielbasa w/ Mustard Boiled Potato's Carrot and Cabbage Blend Brownie Rye Bread Kielbasa on Roll w/ mustard	2 Vegetable Soup BBQ Chicken Breast Baked Beans Cole Slaw Sliced Peaches Multi Grain Bread BBQ Chicken on Multi Grain	3 Kale and Bean Soup Meatballs w/ Marinara Sauce Seasoned Pasta Roasted Peppers and Onions Fruit Cup Italian Bread Meatball Grinder on Roll	4 Clear Chowder Country Crisp Fish w/ tartar sauce Wild Rice Mixed Vegetables Graham Crackers Dinner Roll Country Crisp Fish on Roll w/ tartar sauce	5 Onion Soup Meatloaf w/ Brown Gravy Baked Potato w/ Sour Cream Scandinavian Blend Veg. Fresh Fruit Hearty Country White Bread Meatloaf Sandwich w/ Ketchup on White Bread
8 Turkey Vegetable Soup Chicken Marsala Mashed Potato Mixed Vegetable Granola Bar Wheat Dinner Roll Chicken Sandwich w/ mayo on Wheat	9 Minestrone Soup Roast Beef w/ Brown Gravy Oven Roasted Potato's Italian Blend Vegetables Fresh Fruit Marble Bread Roast Beef w/ Mayo on Marble	10 Chili Soup Veggie Burger Au Gratin Potato's Winter Blend Vegetable Peaches Oatmeal Bread Veggie Burger on Oatmeal	11 Closed for Veterans Day 	12 Corn Chowder Seafood Salad Tortellini Salad Carrot Claw Fig Bar Multi Grain Bread Seafood Salad on Multi Grain
15 Egg Drop Soup Pork Loin w/ Gravy Mashed Potato Mixed Vegetable Granola Bar Pumpernickel Bread Pork Sandwich on Pumpernickel w/ Barbecue sauce	16 Escarole and Bean Soup Italian Style Chicken Cutlet Rice Pilaf Broccoli Florettes Mixed Fruit Italian Bread Chicken Cutlet on Italian w/ mayo	17 Tomato and Rice Soup Low Sodium Hot Dog w/ Mustard Baked Beans Broccoli Slaw Fresh Fruit Wheat dinner roll Low Sodium Hot Dog on a Roll w/ mustard	18 100% Juice Grilled Chicken Tossed Salad w/ Italian Dressing Pita Bread Lorna Doone Cookie Grilled Chicken on Roll w/ mayo	19 Italian Wedding Soup Roast Turkey w/ Gravy and Cranberry Sauce Cornbread Stuffing Baby Whole Carrots Pie Dinner roll Turkey/stuffing and cranberry on a Bulky Roll
22 Vegetable Soup Swedish Meatballs Buttered Noodles Sliced Carrots Pudding Wheat Bread Meatball grinder on Roll	23 Lentil Soup Roasted Rotisserie Chicken Scalloped Potato Green Beans Cookies Oatmeal bread Grilled Chicken Sandwich on Oatmeal bread w/ mayo	24 Red Chowder Crab Cake w/ Tartar Sauce Potato Salad Cole Slaw Fresh Fruit Wheat Dinner Roll Crab Cake w/ tartar sauce on a Wheat Ham Roll	25 Closed For Thanksgiving 	26 No Lunch Served Today 
29 Split Pea Soup Baked Ham w/ Pineapple Slice Sweet Potato's Roasted Brussel Sprouts Peaches Rye Bread Sliced Ham on Rye w/ mustard	30 Venus Di Milo Soup Pot Roast w/ Gravy Garlic Mashed Potato Mixed Vegetables Fresh Fruit Dinner Roll Pot Roast on a Bulky w/ Mayo	MENU ITEMS ARE SUBJECT TO CHANGE ALL SANDWICHES COME WITH: JUICE, CHIPS, DESSERT, MILK		