

East Providence Senior Activity Center



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

October 2020

Letter from the Director :

Dear Members,

I can't believe Fall is already upon us! The leaves are falling and the air is cool. As of the writing of this newsletter the center is still closed to activities. Please note however that our dedicated staff is here and available to assist you by phone.

I am hoping you are all enjoying the monthly newsletters . I thought it was important to continue publishing as a way to all stay connected.

Enclosed you will find information on the new senior shopping service to take place on Tuesdays, information on how the Senior Health Insurance Program (SHIP) will be handled during Medicare open enrollment this year and an invite to join us for a game of bocce here at the Senior Center.

We continue to take this time to work on projects around our building including stripping and waxing all the floors. Wait till you see how shiny they are!

Please continue to call us to just say hi. We miss seeing everyone!

Wishing you all good health,

Laura Jones

Do you need a ride to the grocery store?



New

Senior Shopping Service being offered

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.



Thank you to all of the volunteers who continue to share their time and talent sewing cloth face masks .

If you are in need of a 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 also to our volunteer drivers who have been picking up food bags from the East Providence Food Pantry and delivering them out into our community. In the month of September our volunteers delivered 100 food pantry bags to those unable to get to the food pantry due to the Covid -19 pandemic.

The Senior Center delivers food pantry bags every Tuesday. 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.

If you are interested in volunteering, go onto the City of East Providence website at www.eastprovidenceri.net and click on jobs and volunteers.

Thank you for your generosity!

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
401-270-1788
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.



Don't Quit

When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit—
Rest if you must, but don't you quit.
Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a fellow turns about
When he might have won had he stuck it out.
Don't give up though the pace seems slow—
You may succeed with another blow.
Often the goal is nearer than
It seems to a faint and faltering man;
Often the struggler has given up
When he might have captured the victor's cup;
How close he was to the golden crown.
Success is failure turned inside out—
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems afar;
So stick to the fight when you're hardest hit,—
It's when things seem worst that you mustn't quit.

Anonymous

Voter Information Center

vote.sos.ri.gov

General Election is
Tuesday, November 3rd
Mail ballot application deadline is
Saturday, October 3rd



A Grave Encounter

After trick –or–treating a teen takes a shortcut home through the cemetery. Halfway across, he’s startled by a tapping noise coming from the misty shadows. Trembling with fear, he spots an old man with a hammer and chisel, chipping away at the headstone. “I thought you were a ghost,” says the relieved teen. “What are you doing working so late?” “oh, those idiots,” grumbles the old man. “They misspelled my name!”



POEM : Untitled

I am not old.. She said
I am rare.

I am the standing ovation
at the end of the play.

I am the retrospective
of my life as art.

I am the hours connected like dots
Into good sense.

I am the fullness of existing.

You think I am waiting to die..
But I am waiting to be found.

I am treasure. I am a map and
these wrinkles are imprints of my journey.

Ask me anything.

—Samantha Reynolds





Age-Friendly
RHODE ISLAND

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

VIRTUAL COMMUNITY CENTER TUTORIALS

USE LINK BELOW TO ACCESS THE TUTORIALS

<https://agefriendlyri.org/virtual-community-center/virtual-community-center-tutorials/>

Easy to follow video tutorials will show you how to:

How To Navigate The Virtual Community Center

How To Create A Zoom Account

How To Sign Up For Facebook

How To Use Facetime

How To Create A Gmail Account

How To Use Netflix & Netflix Party

How To Use Instagram

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

<https://agefriendlyri.org/events/>

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 Susan will send you an invite to join in.



RECIPE OF THE MONTH



FALL QUINOA & CRANBERRY SALAD

PREP TIME: 15 minutes | **COOK TIME:** 20 minutes | **SERVINGS:** 6

QUINOA:

- 1 1/2 cups vegetable or chicken broth
- 1 cup uncooked tri-colored quinoa
- 1/3 cup Ocean Spray® Craisins® Dried Cranberries
- 1 cup fresh broccoli, cut into small pieces
- 2 tablespoons parsley, chopped

CANDIED WALNUTS:

- 1 tablespoon butter
- 1 cup walnuts or pecans, chopped
- 2 tablespoons granulated sugar
- 2 tablespoons brown sugar
- Pinch of salt

DRESSING:

- 4 tablespoons extra virgin olive oil
- 4 tablespoons lime juice
- 1/4 cup Ocean Spray® Craisins® Dried Cranberries
- 1 large garlic clove
- Salt and pepper to taste

In a medium saucepan, bring broth to a boil. Add quinoa and cover and lower heat to **SIMMER**. Cook for 10-12 minutes. Add Craisins® Dried Cranberries and cook for an additional 2 minutes. Remove from heat and fluff with a fork. Set aside to cool.

Line a baking tray with parchment paper and set aside.

In a medium saucepan, **MELT** butter over medium heat. Add nuts, sugar, brown sugar and salt and sauté for 5-6 minutes. Pour nuts onto lined tray and separate pieces. Set aside to cool.

In a food processor, add olive oil, lime juice, Craisins® Dried Cranberries, garlic, salt and pepper. **BLEND** until well incorporated.

Combine quinoa, broccoli florets, parsley and dressing and toss well. Top with candied nuts and serve immediately.

For more creative cranberry recipes visit: <https://www.oceanspray.com/Recipes>

(Courtesy of OceanSpray®)

OCTOBER | 2020

©LPI

ARTICLE OF THE MONTH

CARING FOR CAREGIVERS: HOW TO PREVENT CAREGIVER BURNOUT

While caring for an older family member — whether it be a spouse, parent or grandparent — can be a rewarding experience, it can also be a difficult and overwhelming task. This is especially true if your loved one lives with Alzheimer's disease or other dementia-related illnesses.

Whether it's out of love or obligation, caring for a chronically ill or disabled family member (and potentially his or her financial and legal interests) can come at the expense of the caregiver's quality of life. In addition to maintaining a healthy, active lifestyle outside of caregiving responsibilities, it is important for those caring for a loved one to learn ways to avoid health hazards and stay well-informed of any changes in their loved one's condition. Add work and children to care for to the equation and it's a formula that can lead to stress, exhaustion, and even potential health issues.



The additional duties often required to provide care for a loved one can lead to physical or emotional fatigue, often referred to as "caregiver burnout." If you're caring for an older adult, the Alzheimer's Foundation of America recommends these tips to help manage stress before caregiving leads to burnout.

Know the signs of burnout.

By the time many caregivers suspect signs of burnout, they're likely already suffering symptoms related to their responsibilities. Being aware of some of the warning signs can help caregivers properly manage stress and protect themselves. Warning signs include:

- Overwhelming fatigue or lack of energy
- Experiencing sleep issues
- Significant changes in eating habits or weight
- Losing interest in activities you once enjoyed
- Neglecting personal physical and emotional needs
- Becoming unusually impatient, irritable or argumentative
- Having anxiety about the future or a feeling of hopelessness
- Suffering from headaches, stomachaches or other physical ailments
- Experiencing depression or mood swings

- Having difficulty coping with everyday tasks
- Lower resistance to illnesses

Educate yourself about the disease

It's likely the loved one you care for has several health problems, takes multiple medications and sees multiple health care providers to manage his or her conditions. As a first step in learning more about Alzheimer's disease and other dementia-related illnesses, visit alzfdn.org or nia.nih.gov/alzheimers for information.

Think positive

Focus on the capabilities and strengths that are still intact and enjoy your relationship with your loved one while you are still together. Look for ways to include him or her in your daily routines and gatherings to make as many memories as possible.

Find more caregiver resources and tips at alzfdn.org.

Tips for Managing Caregiver Stress
Stress can affect anyone, and

caregivers may find themselves faced with additional stressors. To help manage stress and avoid caregiver burnout, keep these tips from the Alzheimer's Foundation of America in mind:

- Maintain a positive attitude
- Be flexible and accept the circumstances
- Be honest and open about your feelings
- Take it one day at a time
- Get a good night's sleep
- Incorporate stress management techniques, such as meditation or deep breathing, as well as exercise into your daily routine
- Drink plenty of water and eat a healthy diet full of fruits and vegetables
- Set realistic goals and go slow

*Source: Alzheimer's Foundation of America
(Courtesy of Family Features)*

Halloween Word Search

P	E	A	O	F	R	I	G	H	T	F	U	L	E	O	I	T	U
S	P	O	O	K	Y	L	A	N	T	E	R	N	C	A	N	D	Y
S	C	A	R	Y	H	T	R	I	C	K	S	B	O	N	E	S	T
C	A	R	V	I	N	G	I	W	V	B	O	G	E	Y	M	A	N
P	E	R	T	O	G	A	P	P	A	R	I	T	I	O	N	N	D
F	B	W	K	N	D	A	R	K	N	E	S	S	A	R	R	Y	E
L	P	H	A	L	L	O	W	E	E	N	U	Q	E	C	K	P	D
O	Z	U	A	F	T	E	R	L	I	F	E	B	Y	C	A	E	P
W	O	N	M	C	G	H	O	S	T	S	O	R	A	C	T	M	M
E	M	O	U	P	G	C	H	K	L	T	E	L	S	N	O	S	D
R	B	R	N	O	K	F	Y	L	C	T	B	E	U	N	P	E	H
E	I	D	B	U	C	I	A	O	E	Z	M	A	S	I	K	S	S
W	E	L	S	D	U	B	N	M	Y	U	H	T	D	C	O	L	T
S	I	U	L	P	E	W	E	S	T	J	E	E	I	E	B	C	R
N	M	A	A	Y	I	C	S	S	X	R	R	W	E	A	R	O	E
B	O	C	E	T	O	E	O	S	C	A	R	E	C	R	O	W	A
A	O	I	C	M	B	C	G	H	O	U	L	O	W	B	O	B	T
T	N	H	C	A	C	K	L	E	N	M	A	S	K	R	M	A	S

Word List:

HALLOWEEN
CEMETERY
CANDY
MASK
BAT
BONES
AFTERLIFE
EYEBALLS
MONSTER
SCARECROW

WITCH
PUMPKINS
TRICKS
SCARY
BLACK
BOO
APPARITION
GHOUL
LANTERN
ZOMBIE

GHOST
CARVING
TREATS
SPOOKY
CAT
BROOM
CAPE
BOGEYMAN
MOON
WICKED

HAUNTED
COSTUMES
GOBLIN
SPIDER
CAULDRON
CACKLE
DARKNESS
FRIGHTFUL
OCTOBER
WEREWOLF



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 SHIP counselor soon.

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

200 Wampanoag Trail | East Providence, RI 02915 | (401) 434-1520 | www.hattiedechnaffee.com
Hattie Ide Chaffee Home is a 60 bed non-profit medical facility which specializes in skilled nursing and rehabilitative services.

Call today to arrange a tour or for more information.
Our rehabilitation team includes a distinguished orthopedic physician whom works closely with the administrative and nursing team. We offer 26 private rooms and 4 rehabilitation suites/studios to accommodate you in a more comfortable home-like environment.



HATTIE IDE CHAFFEE HOME



An Aldersbridge Community
Skilled Nursing, Therapy Services
& Long-Term Care
30 Alexander Avenue | 401-438-7210

www.Aldersbridge.com



An Aldersbridge Community
Assisted Living &
Independent Living
40 Irving Avenue | 401-438-4456



Whether you come to Elderwood at Riverside for a short-term or long-term stay, you will always feel at home. We use various modalities to get the best outcomes for our patients and want to get YOU back to living a fulfilled life.

Call Today for a Tour: **401-438-4275**

CENTER
100 Wampanoag Trail, Riverside, RI
Elderwood
5-Star Rating on Medicare.gov



#1 Medicare Advantage plan provider in America

1-855-844-2078, TTY 711
ExploreUHC Medicare.com

United Healthcare

Y0066_200813_013109_M

SPRJ58101



GRACE BARKER® HEALTH

Family owned & operated since 1966

The Cove

SHORT-TERM REHABILITATION
LONG-TERM CARE

The Willows

ASSISTED LIVING
ADULT DAY HEALTH

54 Barker Avenue, Warren RI • GraceBarkerHealth.com • 401-245-9100

FOR ALL YOUR HEARING NEEDS!



Call For An Appointment Today
401-431-5100

Conveniently Located



999 S Broadway, 3rd floor | www.GatewayHearing.com

Lisa Janicki, MS



RE/MAX
RIVER'S EDGE
SERVING RI & MA

Michelle Cartwright
Broker/Owner
Seniors Real Estate Specialist

C: (401) 663-5677
E: riversedgerl@gmail.com
W: www.michellecartwright.com



Specializing In:

- Senior Home Transitions
- Downsizing, one level homes
- Florida, Carolinas, and Snowbird Relocation

For your real estate needs, contact me today. It's my pleasure to assist you!

➤ Reach the Senior Market ADVERTISE HERE

CONTACT

Contact Renee Barstow to place an ad today!
rbarstow@lpiseniors.com or (800) 950-9952 x6457

BAZAR & ASSOCIATES
ATTORNEYS AT LAW

Your Neighborhood Law Firm

David N. Bazar, Esquire

Taking care of all your legal needs • Call today for a free consultation!

197 Taunton Avenue, East Providence, Rhode Island 02914
P 401.437.4450 F 401.438.1630 E dbazar@BazarLaw.com

BazarLaw.com



AnchorBay™
AT EAST PROVIDENCE
ASSISTED LIVING
MEMORY CARE

1440 WAMPANOAG TRAIL
EAST PROVIDENCE, RI 02915
401-433-5000
anchorbayeastprovidence.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpiseniors.com

East Providence Senior Center, East Providence, RI

04-0741

THIS DAY IN HISTORY

SEPTEMBER 1, 1939: World War II began when Germany invaded Poland.

SEPTEMBER 2, 1789: The U.S. Department of the Treasury was formed with Alexander Hamilton as the first secretary.

SEPTEMBER 3, 1954: "The Lone Ranger" was heard on radio for the final time after 2,956 episodes over a period of 21 years.

SEPTEMBER 4, 1888: Printing and imaging company Kodak, also known as Eastman Kodak Company, was founded by inventor George Eastman.

SEPTEMBER 5, 1983: The "MacNeil/Lehrer NewsHour" on PBS became the first hour-long network news show.

SEPTEMBER 6, 1975: Czechoslovakia tennis star Martina Navratilova requested political asylum while in New York for the U.S. Open Tennis Tournament.

SEPTEMBER 7, 1813: The nickname "Uncle Sam" was first used as a symbolic reference to the United States in an editorial in New York's "Troy Post."

SEPTEMBER 8, 1935: The Hoboken Four, featuring Frank Sinatra as lead singer, appeared on "Major Bowes Amateur Hour" on WOR radio.

SEPTEMBER 9, 2015: Queen Elizabeth became longest reigning British monarch, breaking the record reign set by Queen Victoria of 63 years, 7 months and 2 days.

SEPTEMBER 10, 1963: Twenty black students entered public schools in Alabama at the end of a standoff between federal authorities and Alabama governor George C. Wallace.

SEPTEMBER 11, 1951: Florence Chadwick became the first woman to swim the English Channel from both directions.

SEPTEMBER 12, 1954: "Lassie" made its television debut on CBS. The last show aired on September 12, 1971.

SEPTEMBER 13, 1933: The first woman, Elizabeth McCombs, was elected to the New Zealand Parliament.

SEPTEMBER 14, 1985: "The Golden Girls" made its television debut and ran for 6 seasons.

SEPTEMBER 15, 1928: Alexander Fleming discovered the antibiotic penicillin in the mold *Penicillium notatum*.

SEPTEMBER 16, 1908: General Motors Corporation was founded in Flint, Michigan, by William C. Durant and Charles Stewart Mott.

SEPTEMBER 17, 1930: Construction on Boulder Dam, later renamed Hoover Dam, began in Black Canyon, near Las Vegas, Nevada.

SEPTEMBER 18, 1970: James Marshall "Jimi" Hendrix died in his London apartment at the age of 27.

SEPTEMBER 19, 1970: "The Mary Tyler Moore Show" premiered on CBS-TV.

SEPTEMBER 20, 1967: The ocean liner Queen Elizabeth 2 was launched and remained in service until 2008.

SEPTEMBER 21, 1970: "NFL Monday Night Football" made its debut on ABC-TV. The game was between the Cleveland Browns and the New York Jets.

SEPTEMBER 22, 1961: U.S. President John F. Kennedy



signed a congressional act that established the Peace Corps.

SEPTEMBER 23, 1962: "The Jetsons" premiered on ABC-TV. It was the first program on the network to be carried in color.

SEPTEMBER 24, 1996: President Clinton and the world's other major nuclear powers signed a Comprehensive Test Ban Treaty to end all testing and development of nuclear weapons.

SEPTEMBER 25, 1890: The Sequoia National Park was established as a U.S. National Park in central California.

SEPTEMBER 26, 1955: The New York Stock Exchange suffered its worst decline since 1929 when the word was released concerning U.S. President Eisenhower's heart attack.

SEPTEMBER 27, 1989: Two men went over the 176-foot-high Niagara Falls in a barrel. Jeffrey Petkovich and Peter Debernardi were the first to ever survive the Horseshoe Falls.

SEPTEMBER 28, 1939: During World War II, Germany and the Soviet Union agreed upon a plan on the division of Poland.

SEPTEMBER 29, 1982: In Chicago, Illinois, seven people died after taking capsules of Extra-Strength Tylenol that had been laced with cyanide.

SEPTEMBER 30, 1982: "Cheers" began an 11-year run on NBC-TV.

RESTAURANT VOUCHER PROGRAM
NEWPORT CREAMERY LUNCH/DINNER MENU

Three Locations:

296 County Rd., Barrington, RI 02806
208 W. Main Rd., Middletown, RI 02842
181 Bellevue Ave., Newport, RI 02840



Each meal includes: Milk or Coffee or Tea and 1 scoop of Ice Cream (no sugar added and yogurt available) in a dish or cone

CHOOSE AN ENTRÉE:

SENIOR CHEESEBURGER
SENIOR CHICKEN SALAD SANDWICH on wheat bread
SENIOR TUNA SALAD SANDWICH on wheat bread
SENIOR BACON, LETTUCE AND TOMATO SANDWICH on wheat bread
SENIOR TURKEY SANDWICH on wheat bread
SENIOR FISH AND CHIPS DINNER
NEW ENGLANDER FISH SANDWICH on wheat bread
SENIOR SOUP & HALF SANDWICH on wheat bread
(Turkey, Tuna or Chicken Salad)

CHOOSE A SIDE:

NEWPORT FRENCH FRIES (UNSALTED), 1 POTATO SALAD, COLESLAW, BAKED BEANS, BROCCOLI, MASHED POTATOES & GRAVY, APPPLESAUCE OR MANDARIN ORANGE SLICES

Sorry, substitutions are not allowed.

All food is to be eaten in the restaurant - no take-out allowed on Senior Program.

Suggestion Donation: \$5.00
Must be 60 years of age or older
7:00 AM -11:00 AM/4:00 PM-800 PM
Monday -Friday

Vouchers can be purchased at East Bay Community Action Program. For more information, call (401) 437-1000 X121

Sites that sell vouchers:

East Providence Café, 610 Waterman Ave., EP	(401) 435-7800
Barrington Café, 281 County Road, Barrington	(401) 247-1926
Warren Café, 20 Libby Lane, Warren	(401) 247-1930
Bristol Café, 1020 Hope St., Bristol	(401) 253-8458
Portsmouth Café, 110 Bristol Ferry Rd., Portsmouth	(401) 683-4106

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.

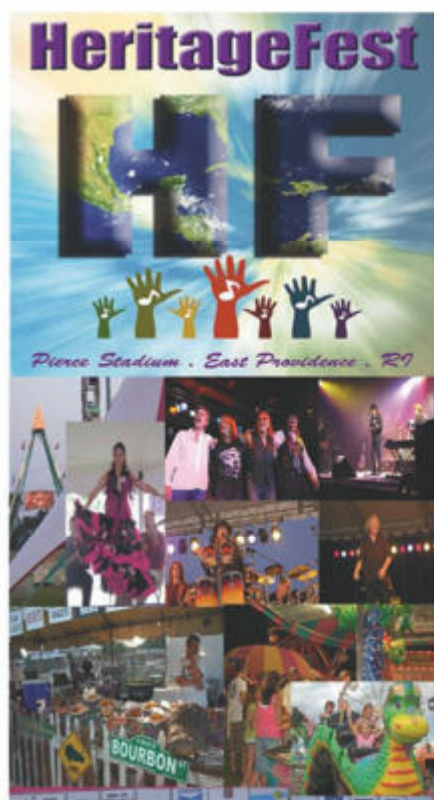
East Providence Senior Center Cafe Phone: (401)-270-1814

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

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



14



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

Support Live Music & The Arts
22 Chances To Win! \$20 EACH

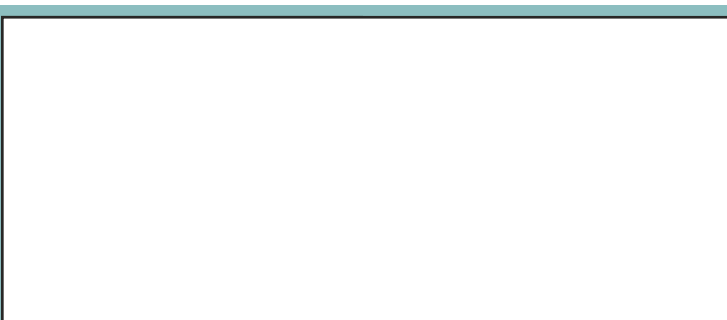
TICKETS SOLD BY MAIL. SEND CHECK PAYABLE TO:
EAST PROVIDENCE HERITAGE DAYS INC.

610 WATERMAN AVE. EAST PROVIDENCE RI 02914

Ticket stubs will be mailed back to you. Please include your phone #

Winner Need Not Be Present To Win

www.epheritagedays.com . 401-435-7511



**Health Care Equipment
for Use at Home**

Better Products
Better Service

independence
HomeHealthWares®
401.273.8888

Visit our warehouse showroom at
Exit 6, Rte. 195
35 Agnes Street, East Providence, RI

HEALY PHYSICAL THERAPY & SPORTS MEDICINE, INC.
KEEPING YOU IN THE GAME OF LIFE

MOST INSURANCES ARE ACCEPTED
EAST PROVIDENCE (401) 438-0905
927B Warren Ave. • E. Providence
CUMBERLAND (401) 305-3858
2295 Diamond Hill Rd. • Cumberland
EAST GREENWICH (401) 471-7510
2639 South County Trail • E. Greenwich
WARWICK (401) 921-0160
2080 Warwick Ave. • Warwick
www.healyphysicaltherapy.com

Mateus Realty
Bringing you home since 1975

LUIS A. MATEUS
Eu Falo Portugues

Off: 401-434-8399 582 Warren Avenue
Cell: 401-368-2403 East Providence, RI 02914
Fax: 401-435-3401 sales@mateusrealty.net
www.mateusrealty.net mateusrealty@gmail.com

**WE'RE HIRING
AD SALES EXECUTIVES**

- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement


CONTACT US AT: careers@4LPi.com
www.4LPi.com/careers

Thrive Locally

\$3.00 Suggested Donation



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Juice Corned Beef & Swiss w/ Mustard on Rye Chips Pudding Milk	2 Juice Seafood Salad on Bulky Roll Chips Fresh Fruit Milk
5 Juice Turkey Salad on Multi Grain Pretzels Lorna Doones Milk	6 Juice Honey Ham & Cheese on Marble w/ Mustard Corn Chips Fresh Fruit Milk	7 Juice Chicken Salad on Pumpernickel Chips Pudding Milk	8 Juice Meatballs w/ Marinara Sauce on Grinder Roll Multi Grain Chips Fresh Fruit Milk	9 Juice Tuna Salad Wheat Roll Chips Fruit Cup Milk
12 CLOSED Columbus Day	13 Juice Roasted Chicken Loaf on Bulky Roll w/ Mayo Chips Fig Bar Milk	14 Juice Shrimp Salad on Pita Chips Fresh Fruit Milk	15 Juice Salami & Cheese w/ Mustard on Wheat Chips Pudding Milk	16 Juice Roasted Beef & Cheese on Multi Grain w/ Mayo Chips Fruit Cup Milk
19 Juice Chicken Salad on Oatmeal Bread Chips Fresh Fruit Milk	20 Juice Baked Ham & Cheese on 9-Grain w/ Mustard Pretzels Pudding Milk	21 Juice Seafood Salad on Bulky Roll Chips Fresh Fruit Milk	22 Juice Turkey & Cheese on Multi Grain w/ Mayo Chips Fruit Cup Milk	23 Juice Italian Tuna on Oat Nut Chips Cookies Milk
26 Juice Low Sodium Hot Dog on a Roll w/ Mustard Chips Fruit Milk	27 Juice Grilled Chicken on a Bulky Roll Chips Granola Bar Milk	28 Juice Tuna Salad on 9-Grain Chips Fresh Fruit Milk	29 Juice Corned Beef & Swiss w/ Mustard on Pumpernickel Chips Pudding Milk	30 Juice Egg Salad on a Croissant Chips Cookies Milk