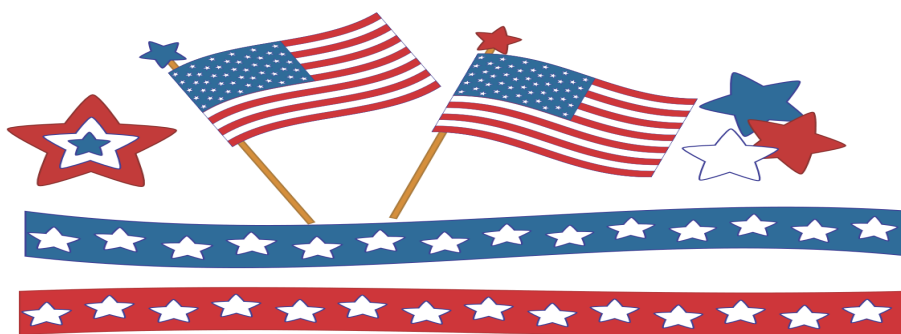


EAST PROVIDENCE SENIOR ACTIVITY CENTER

July 2019

610 Waterman Avenue
East Providence, RI 02914
401.435.7800
Dining Room Ext 2
Fax: 401.435.7803
www.eastprovidence.com



Happy 4th

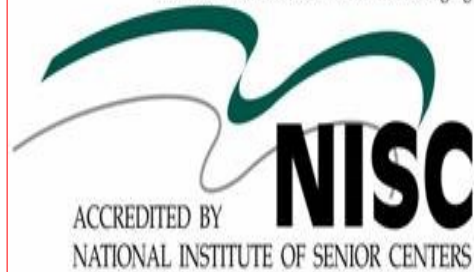
A good many elderly people are afflicted with dreadful head-aches on the Fourth of July; but I suspect they don't mind it very much, for in every puff of blue smoke that wreathes itself under their noses, they see a boy's or a girl's happy face.

William H. Rideing,
"Fire-Crackers and the Fourth of July," 1874

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A Unit of The National Council on the Aging



FROM THE DIRECTOR

As most of you all know I will be retiring as director of your center. It has been a distinct honor and a privilege to have served you for the past 21 years. From inception, the staff and I have seen significant improvements to the quality of services provided to our senior population.

The Senior Center is a nationally accredited department that has been recognized by you, our seniors, as providing a significant and valuable service. Our purpose has been to connect you to social, economic, and educational resources that enhance the quality of your lives. Most importantly, we serve as a vibrant social community, a place for friendship, and a remedy for loneliness / isolation.

Not only does our center offer helpful resources to older adults, we serve the entire community with information on aging. The National Institute of Senior Centers defines a senior center as a place where “older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence, and encourage their involvement in and with the center and the community.” Our Center not only meets, but exceeds this definition.

As in any great organization when the person in charge surrounds him or herself with professional, compassionate, wonderful, and caring people, the organization thrives.

Resource Specialist Ellen Frazier, who has been with me from the beginning has shared her wealth of information for those seeking direction and advice on all aging issues. Finding the appropriate services available can be a challenge. Coordinating care for a loved one can leave a caregiver at wits end. Family members may not have the time or ability to assist with finding homecare or assist in transitioning to a long-term care setting. Ellen provides as much service as a Senior or their family may desire from completing the RI Medicaid application and identify resources available for the Care Provider to access directly up to providing Concierge Care.

Our comprehensive health office offers clinics, talks, and classes on health topics relating to our older population. East Providence is the only senior center in the state that is a DOE site (Diabetes Outpatient Education). Nurse Mary Jane Milner and before her Nurse Maureen Bouris have literally saved lives with the center’s Diabetes Education programs. This disease strikes many of our elderly and not treated can be and in many cases is fatal.

Our part-time employees: Cindy our dining room manager, our receptionist Pat, van drivers Dick, Eddie, Lee, and Steve, and kitchen staff David, Gloria, and Bruce work exceptionally well as a team.

We continue to rely heavily on over one hundred volunteers who donate thousands of hours per year to help us meet our mission. You are the backbone of the center and our biggest asset, without a great volunteer group we would not be the envy of the state and I truly thank you for all you have done for me and the center.

Our goal has been to help you manage your health and live longer and better in the community. Our mission continues on to assist, inform and enrich the lives of all persons 55 years of age and older or disabled persons in the East Providence area.

As I look forward to the next chapter in my life, it is my sincere wish and hope that the City continues to provide a well-deserving population the services you so greatly merit.

“Together we have built a very special place”

BOB

Events

Wednesday, July 3rd	Clinical Lab	8:30am
	Stroke Club	1:30pm
Thursday, July 4th	CLOSED	
Friday, July 5th	Blood Pressure Clinic	10:30pm
Tuesday, July 9th	A Neighborhood Village	9:00-am
	Blood Pressure Clinic	10:30pm
Wednesday, July 10th	Blood Pressure Clinic	10:30am
Monday, July 15th	Blood Pressure Clinic	10:30am
Tuesday, July 16th	RI Rehab	10:30am
Wednesday, July 17th	AARP Board Meeting	12:30pm
Thursday, July 18th	Blood Pressure Clinic	10:30pm
Friday,		
Tuesday, July 23rd	Blood Pressure Clinic	10:30am
Wednesday, July 24th	RSVP Board Meeting	1:30pm
Thursday, July 25th	Diabetes Support	1:00pm
Monday, July 29th	Computer Assistance	2:00pm

Peer Support



Stroke Support

1:00pm - 2:00pm

The Stroke Group meets on the first Wednesday of each month and provides education, support, socialization, and transportation for stroke survivors and their caregivers.

Caregiver's Support

10:30am - 11:30am

This support group is held the third Monday each month. The sessions offer support and sharing for those who are caring for others.

Diabetes Support

1:00pm - 2:30pm

Open meeting held monthly for people with diabetes to meet for mutual support. The group meets the fourth Thursday of each month.

In-Sight Support

12:45pm - 3:00pm

In-Sight offers programs and support in productive living for the visually impaired. The group meets the 3rd Friday of every month.

A Neighborhood Village

Tuesday, July 9th

9am-Noon

A Community of Mutual Support in East Providence

Would you like to stay in your own home as your grow older?

Do you wish for more services that would help you do that?

For instance, rides, errands, and help with home maintenance?

Do you wish for more ways to stay connected
with friends and others?

We are a group of your East Providence neighbors who hope to create the kinds of volunteer support that will help all of us remain in our homes safely, independently and in community as we grow older.

You can help us learn more about what matters to you by completing a brief survey.

Stop by our table and chat with one of our volunteers.

"From every
mountain side

Let Freedom ring"

Samuel F. Smith,
"America"

Weekly/Monthly Programs

Monday

8-4pm	Fitness Room
8-4pm	Billiards
8-4pm	Computer Lab
9:am	Walking Group
9-11am	Coffee An
9-1pm	Library
9-1pm	Gift Shop
9:00am	Intermediate Yoga w/Sue
10:30am	Beginners Yoga w/Sue
10:30am	Caregivers Support (3rd)
Noon	Chair Yoga w/Cindy
1:00pm	Pokeno
2:00pm	Ballroom Dancing w/Hiroko
2:00pm	Coffee bar
6:00pm	Fit Mix w/Karen

Tuesday

8-4pm	Fitness Room
8-4pm	Billiards
8-4pm	Computer Lab
9:am	Bocce
9-11am	Coffee An
9-1pm	Library
9-1pm	Gift Shop
9:30am	Aerobics Exercise w/Karen
9:30am	Watercolor Class w/Alice
12:30pm	Watercolor Class w/Alice
1:25pm	BINGO
2:00pm	Coffee bar

Wednesday

7:00am	Intermediate Yoga w/Sue
8-4pm	Fitness Room
8-4pm	Billiards
8-4pm	Computer Lab
8:30am	East Side Lab (1st)
9:am	Walking Group
9-11am	Coffee An
9-1pm	Library
9-1pm	Gift Shop
9:00am	Blended Yoga w/Sue
9:00am	Walking Group w/Mary Jane
10:00am	Scrabble
10:45am	Chair Exercise w/Maria
1:00pm	Cribbage
1:30pm	Stroke Club (1st)
2:00pm	Coffee bar

Thursday

8-4pm	Fitness Room
8-4pm	Billiards
8-4pm	Computer Lab
9-11am	Coffee An
9-1pm	Library
9-1pm	Gift Shop
9:30am	Aerobics Exercise w/Karen
Noon	Mah Jongg
12:30pm	Bridge
1:00pm	Craft Class
1:00pm	Diabetes Support (4th)
2:00pm	Coffee bar
4:15pm	Yoga w/Andrea

Friday

8:00am	Blended Yoga w/Sue
8-4pm	Fitness Room
8-4pm	Billiards
8-4pm	Computer Lab
8:30am	Scrabble
9:00am	Billiard League
9-11am	Coffee An
9-1pm	Library
9-1pm	Gift Shop
10:00am	Mah Jongg
10:30am	Fitness Advisor Mike
10:45am	Chair Exercise w/Maria
11:00am	Meditation Group
12:45pm	In-Sight Support Group (3rd)
1:20pm	Hi Lo Jack League
2:00pm	Coffee bar

Fitness Center

Our fitness room is open Monday through Friday 8am to 4pm. The fitness room has treadmills, recumbent bikes, elliptical machines, hand weights, and six dual weight machines. Features include: matted floor, mirrored walls, water cooler, stereo, and cable TV. You must have approval from your physician to participate in this program. Forms can be obtained in the Administration Office. The fee is \$40 for a one year membership, \$45 for non-residents.

A Fitness Consultant, Mike Maciel, is in the fitness room every Friday 10:30 to 11:30am, sponsored by Evergreen Healthcare.

Activities

Ballroom Dancing Monday 2pm \$3

Learn or relearn all the old moves on the ballroom dance floor as well as some new ones. Singles are welcome.

Aerobics Tuesday & Thursday 9:40am \$2

Instructor Karen Boyd gives members a great cardiovascular workout. Hand and ankle weights are used to tone and build your muscles.

Watercolor Tuesday 9:30am & 12:30pm \$5

Watercolor for all levels of talent. Some of the participants fantastic artwork is displayed throughout the center. Class size is limited.

Crafts Thursday 1:00pm

Craft class makes dolls for Hasbro Children's Hospital and cancer pillows for Women & Infants Hospital. Other "make and take" crafts are demonstrated.

Card Games

Pokeno	Monday	1:00pm
Cribbage	Wednesday	1:00pm
Bridge	Thursday	12:30pm
Hi Lo Jack	Friday	1:20pm

Coffee Bar

Every afternoon 2pm - 3pm

Sponsored by Anchor Bay of East Providence
1440 Wampanoag Trail
401.433.5000

Exercise Programs

Yoga

Monday	Intermediate	9am	\$3
Monday	Beginners	10:30am	\$3
Monday	Chair Yoga	Noon	Free
Wednesday	Intermediate	7am	\$3
Wednesday	Blended	9am	\$3
Thursday	Intermediate	4:15pm	Free
Friday	Blended	8am	\$3

Yoga classes come in four varieties: Beginner, Intermediate, Intermediate Blended with Bone Builders and chair. How do you know which class is right for you?

All classes involve a variety of gentle yoga poses: standing, seated in chairs, and doing poses on the yoga mat. All classes offer the benefits from yoga of enhancing your strength, flexibility, balance, breathing and relaxation. So how are they different?

Intermediate Yoga is appropriate for anyone who has some familiarity with yoga and is generally fit.

Beginner Yoga is an introductory class for those who wish to find out whether yoga is right for them. No prior experience is needed.

Yoga and Bone Builders Blend: a warm up with gentle yoga. Next we move into stretches and weight-lifting exercises specifically designed to enhance muscle strength, balance, and breathing. We then cool down with restorative yoga poses and ten minutes of Savasana (relaxation pose).

Chair Yoga, sponsored by **Aldersbridge Communities** combines movements with breathing and mindfulness. The breathing aspects of yoga can improve blood pressure as well as heart rate. Improve concentration and mind/body connection.



Chair Exercise

Wednesday/Friday
10:45am

A proper balance of exercise and rest can help relieve stiffness and maintain or improve your joint mobility and muscle strength.

NO CHARGE

LIVING WELL



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

Diabetes Outpatient Education Classes

Your Health Insurance will cover one complete 4 day session per year. Classes are taught by Certified Nurses, Dietitians, and Pharmacists. Learn the skills to successfully manage your diabetes and meet others with this disease. You are not alone!

Class size is limited. Pre-registration is required.

Dietitian

Ann Marie Sabula, Registered Dietitians is available for appointments in the health office. They will counsel you in private about your personal nutritional needs and insurance covers these visits. They are also certified diabetes educators. To schedule a visit, stop by the health office or call us at 435-7800 Ext. 1

Meditation for You

Fridays @ 11 am

Have you ever thought you would like to learn to meditate? Would you like more information on the health benefits of meditation? Ann Marie Sabula RD and Ellen Frazier lead a weekly meditation group on Friday mornings @ 11 am. This program is free and open to all members.

Clinical Lab

**Wednesday, April 3rd
8:30-11am**

East Side Clinical Lab draws blood work here the first Wednesday of the month. There is no pre-registration, just come in with your lab slip. This service makes it very easy and convenient for members to get the required lab work for their doctor in a timely fashion.



Unwanted & unused prescription drugs

It is easier than ever to safely dispose of unwanted and/or unused prescription medications, drugs/patches, over the counter medications, ointments and vitamins.

There is a locked Drug Box in Administration Office.

All drugs will be transported to our Police Department for disposal.

Complimentary Blood Pressure Clinics

10:30am

Friday, July 5th

Sponsored by Orchard View Manor

Tuesday, July 9th

Sponsored by Grace Barker Health

Wednesday, July 10th

Sponsored by Pawtucket Skilled & Rehab

Monday, July 15th

Sponsored by Elderwood in Riverside

Thursday, July 18th

Sponsored by Evergreen Health Center

Tuesday, July 23rd

Sponsored by Hattie Ide Chaffee Home

It's Tick Season - The Risk for Seniors

We have finally turned the page on the winter weather and as the sun begins to warm the earth and flowers peek through the soil, those who have spent the cold months indoors start to come out and enjoy the beauty that New England offers. But just as we emerge from our winter naps so, too, do the ticks that populate our region. And these parasites offer a particular danger to our seniors.

Ticks, as small as they are, can pack quite a wallop in their bites and while these illnesses are unpleasant for anyone who acquires them, for seniors, the risks can be especially dangerous. The major reason for this is that as we age, our immune system begins to weaken, increasing our vulnerability. Ticks do not jump, fly or fall on people but they do have a unique way of finding their blood meal. Ticks perch themselves on tall grass or low hanging brush awaiting a host to come along. Sitting with their front legs extended, they grab onto their victims as they walk by. Once a tick is on you, they quickly seek a place to attach and feed. Ticks can find a spot anywhere on you, but they are particularly fond of areas around the neck, head, underarms and groin.

Ticks can be infected with a plethora of bacteria, viruses and parasites. Some of the most common diseases spread by these insects include *Lyme disease*, *babesiosis*, *ehrlichiosis*, *Rocky Mountain spotted fever*, *anaplasmosis* as well as others. The CDC recently analyzed data trends for all nationally notifiable diseases caused by the bite of an infected mosquito, tick or flea. The number of cases has tripled since 2004 and those caused by ticks have doubled. Of the tick-borne illnesses, 82% were cases of Lyme disease, a bacterial infection that causes a rash and flu-like symptoms that can spread to the joints and nervous system if left untreated. Obviously, the best way to avoid these illnesses is not to get bitten, but staying indoors during the summer months is not an option for most and probably offers its own health risks, so the next best thing is to understand tick behavior and how best to avoid contact with them.

Things to Do to Prevent Tick Bites

There are many things you can do to try and avoid tick bites, unfortunately, no one of these things are fool-proof, so it's important to take many safety measures to keep yourself healthy.

Here are some tips:

As much as you can, avoid areas where ticks are present. This includes moist and humid locations, grassy and wooded areas, and trails. Ticks are found in shrubs and leaf litter too.

Walking Group

Monday & Wednesdays

9am

The group meets two mornings a week to enjoy a leisurely walk on our **outdoor** walking path. Walk as long as you like at your own pace.

**The group is lead by
Nurse Mary Jane**

Living Well with Diabetes Classes

July 11th, 18th, 25th, Aug 1st




Thursdays 9:30-11:45 am

Sept. 19th, 26th, Oct 3rd, 10th



Thursdays 9:30-11:45 am

Please call the Health, Nutrition and Diabetes Education Office if interested in attending one of these classes call; 401-435-7800 ext. 7.

SENIOR HAPPENINGS

	MONDAY	TUESDAY	WEDNESDAY
	1 9:00 Yoga 10:30 Yoga 12:00 Chair Yoga 1:00 Pokeno  2:00	2 9:30 Painting Class 9:40 Aerobic Exercise 12:30 Painting Class 1:25 Bingo	3 7:00 8:30 9:00 9:00 9:00 10:45 1:00 1:00
	8 9:00 Yoga 10:30 Yoga 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dance	9 9:00 A Neighborhood Village 9:30 Painting Class 9:40 Aerobic Exercise 10:30 Grace Barker Manor Blood Pressures 12:30 Painting Class 1:25 Bingo	10 7:00 9:00 9:00 9:00 10:30 10:45 1:00
	15 9:00 Yoga 10:30 Yoga 10:30 Elderwood Blood Pressures 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dance	16 9:30 Painting Class 9:40 Aerobic Exercise 10:30 RI Rehab 12:30 Painting Class 1:25 	17 7:00 9:00 9:00 9:00 10:45 12:30 1:00
	22 9:00 Yoga 10:30 Yoga 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dance	23 9:30 Painting Class 9:40 Aerobic Exercise 10:30 Hattie Ide Chaffee Blood Pressures 12:30 Painting Class 1:25 Bingo	24 7:00 9:00 9:00 9:00 10:45 1:00 1:30
	29 9:00 Yoga 10:30 Yoga 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dance 2:00 Computer Assistance	30 9:30 Painting Class 9:40 Aerobic Exercise 12:30 Painting Class 1:25 Bingo	

ENINGS CALENDAR

WEDNESDAY	THURSDAY	FRIDAY
Yoga Clinical Lab Blended Yoga Scrabble Walking Club Chair Exercise Cribbage Stroke Group		5 8:00 Blended Yoga 10:00 Mah Jongg 10:30 Orchard View Blood Pressures 10:30 Fitness Advisor 10:45 Chair Exercise 1:20 Hi Lo Jack
Yoga Blended Yoga Scrabble Walking Club Pawtucket Skilled & Rehab Blood Pressures Chair Exercise Cribbage	11 9:40 Aerobic Exercise 12:00 Mah Jongg 12:30 Bridge 1:00 Craft Group 4:15 	12 8:00 Blended Yoga 8:30 Scrabble 10:00 Mah Jongg 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack
Yoga Blended Yoga Scrabble Walking Club Chair Exercise AARP Board Cribbage	18 9:40 Aerobic Exercise 10:30 Evergreen House Blood Pressures 12:00 Mah Jongg 12:30 Bridge 1:00 Craft Group 4:15 Yoga	19 8:00 Blended Yoga 8:30 Scrabble 10:00 Mah Jongg 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack
Yoga Blended Yoga Scrabble Walking Club Chair Exercise Cribbage RSVP Board	25 9:30 Advisory Board 9:40 Aerobic Exercise 12:00 Mah Jongg 12:30 Bridge 1:00 Craft Group 1:00 Diabetes Support 4:15 Yoga	26 8:00 Blended Yoga 8:30 Scrabble 10:00 Mah Jongg 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack



Ads

General Services

Elder Resource Specialist

Our Elder Resource Specialist assists the elderly and their families in providing information /referral and assistance with accessing services and programs..

Forms and Listings

We have forms in the office relating to Living Wills, and Durable Power of Attorney for Health Care. Listings for Home Health Agencies, Assisted Living Facilities, Adult Day Care Services, RI Rental Resources Guide, Subsidized Housing,, and Nursing Homes.

Nurse

Registered Nurse, Mary Jane Milner is available for appointments in the health office. She is a Certified Diabetes Educator who can help with any topic regarding diabetes, including: Blood glucose monitoring, medications, exercise and healthy eating. She is also available for any basic nursing questions you might have. To schedule a visit, call 435-7800 Ext. 7.

Nutrition Program

The center provides a nutritional meal to approximately 75 seniors per day.

Transportation

The center provides daily door-to-door transportation to and from the center. Staff calls all riders in the morning with a pickup time, cost is \$1 roundtrip. Please contact administration at least one day in advance.

Notary

This service is available in the Administration Office at no charge.

“We need an America with the wisdom of experience. But we must not let America grow old in spirit”

Hubert H. Humphrey

“May the sun in his course visit no land more free, more happy, more lovely, than this our own country!”

Daniel Webster



2019 STEP UP CHALLENGE

The 2019 Step Up Challenge sponsored by Blue Cross & Blue Shield of RI (BCBSRI) is a fun opportunity to inspire older adults to be physically active. The Challenge is a friendly competition between participating local Senior Centers who will encourage their seniors to include physical activity in their daily routine. The ultimate goal is for older adults to improve their overall health.

The Challenge will run through the month of September. Tuesday September 3rd thru Monday September 30th, 2019

Each participating senior center will be a team. The winner of each region will be the senior center with the highest average steps over 4 weeks

There will be three regional prizes of \$2,500 awarded for senior centers to use to promote health and wellness at their location



Hi Lo Jack League

Donations Wanted:

The center gladly accepts gently used or new items for the gift shop. Items can include: jewelry, handbags, small accessories, small household items, knitted baby/children goods.

All donations should be brought to the Administration Office

Computer/IPad Assistance

Monday, July 29th
2pm to 4pm

On the last Monday of every month, students from MTTI career training school will assist any member with computer, iPad, or iPhone questions.

“Don’t sit down and count the minutes, sit up and make the minutes count”

“Don’t worry about what people say behind your back. They’re the ones who find faults in your life instead of fixing their own”

Life Learned Feelings

Membership

\$15 Residents

\$20 Non-Residents

Fitness Room

\$40 Single Resident

\$55 including membership

\$45 Non-Resident

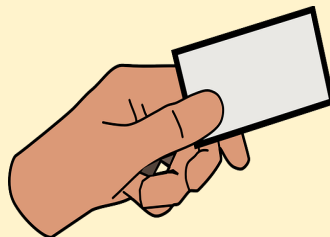
\$65 including membership

\$70 Couple Resident

\$100 including membership

\$80 Couple Non-Resident

\$120 including membership



Please scan in when entering the facility. This is very important because our funding depends on the use of the center. The best way to produce data is through the scan system.

Staff

Robert Rock
Director Ext. 5

Shontel Gomes
Admin. Assistant Ext. 4

Ellen Frazier
Resource Specialist Ext. 3

Mary Jane Milner
Registered Nurse Ext. 7

Cindy DeMedeiros
Dining Coordinator Ext. 2

Dean Kirkwood
Facility Manager

Pat Thomas
Receptionist

Ed Daft Steve Checralah
Lee Wilber Dick Wood
Transportation

Advisory Board

Angela Caldarone-Byrd
Ann Fagundes
George Furtado
Ken Goucher
Jan Kinder
Manny Larangeira
Maryann Leonardo
Eleanor Monteiro
Jim Phillips
Judy Phillips
Elaine Robinson
Don Senna

“You may not feel strong but in someone’s eyes you are their comfort and strength”

East Bay Foster Grandparent Program

The East Bay Foster Grandparent Program is actively recruiting community members 55 years of age or older to serve as volunteer Foster Grandparents in their communities. The heart of the program is the one-on-one daily attention that FGP's provide. This special relationship helps young people grow, gain confidence and become more productive caring members of society. Foster Grandparents assist in schools, Head Start sites, YMCAs and local libraries throughout the East Bay. Foster Grandparents receive a tax free stipend which will not affect any federal, state or local benefit or entitlement. **Tax free stipend amounts range from \$210.00 - \$420.00 per month.** Foster Grandparents also receive a transportation allowance, meals during service, paid holidays and accident and liability insurance while serving. The mission of the program is to support positive outcomes for children by providing volunteer opportunities to income eligible individuals. Together we can build a stronger generation of children and a better community for ourselves and our neighbors. For more information please call:

**Diane Palmer, Program Coordinator,
East Bay Foster Grandparent Program, 401-435-7876**

**RI Rehab
Physical Therapy**
Tuesday, July 16th
10:30am

One on One Compassionate Care

RI Rehab's East Providence clinic is conveniently located within the expansive, state-of-art facilities at Healthtrax Fitness & Wellness.

East Providence patients enjoy amenities such as an indoor pool with a retractable roof which is an ideal environment for RI Rehab's aquatic therapy program. One on one uninterrupted time with a therapist is what sets us apart. Our therapists develop an individualized treatment plan which is key to each client's success in achieving their goals.

Customer Assistance
Expo sponsored by
National Grid
And
Hosted by our Senior
Center



Tech support scammer sentenced to 5 years in prison

PROVIDENCE, R.I. (WPRI) - An Indian college student was sentenced to five years in prison for his role in a sweeping tech-support scam that he operated out of a home in Newport.

Victims lost almost \$1 million to the scheme.

Bishwajeet Jha, 21, apologized and pleaded for mercy before federal court Judge John McConnell ordered the 60-month sentence Monday.

One of Jha's victims, who Eyewitness News is choosing to not name, was duped out of \$38,500 dollars. "It's awful. It's a whole new way of life," the victim told the court. "We're one incident away from having to sell the house." "I'm too old to do what I used to do," he added.

According to the U.S. Attorney's office, Jha's victims were contacted to purchase bogus technical support for their computers. Later, victims would receive phone calls, supposedly from the tech support company, informing them that money had accidentally been deposited into their bank accounts and had to be returned. "These victims don't speak technology," said Assistant U.S. Attorney Sandra Herbert. "All of the victims in this case were vulnerable."

According to court documents, "The defendant [Jha], and the others recruited by him to the scheme, received the victims' funds, took an 8-10% cut for themselves, and laundered the remainder of the funds by transferring the funds to an account associated with a business in California. From there, another member of the conspiracy, who is now in federal custody, took a cut of the funds and then transferred the remainder internationally." "I don't think he [Jha] was the creator of the scheme, but I do think he was an essential component of the scheme," said Herbert. "There are cells like the Newport cell that are operating all over the country," she added.

Susan Campbell is the Call 12 for Action and Target 12 consumer investigator

Phone Calls

Tech support scammers may call and pretend to be a computer technician from a well-known company. They say they've found a problem with your computer. They often ask you to give them remote access to your computer and then pretend to run a diagnostic test. Then they try to make you pay to fix a problem that doesn't exist.

**You should never give out personal information
to someone who calls you**

The Government will not and does not call for any personal information

Important Local Phone Numbers

Emergency.....911
Police Department435-7600
Fire Department.....435-7600
City Hall.....435-7500
Recreation Department.....435-7511
Tax Collection.....435-7544
Canvassing Department....435-7500 Ext 11110
Public Works.....435-7500 Ext 40053
Finance Department.....435-7500 Ext 11050
The RIDE Program.....1-855-330-9131
Department of Elderly Affairs.....462-3000
East Bay Community Action.....437-1000



Join us for lunch

Monday—Friday

We invite you to join us for lunch, served Monday through Friday at 11:45. Catch up with old friends and meet new ones.

A suggested donation is \$3

For more information call Cindy at 401.435.7800 Ext 2.

Our monthly menu is always on the back page of our newsletter

SALAD OPTION AS ENTRÉE

ADS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Vegetable Soup Roast Turkey w/ Gravy Cornbread Stuffing Seasoned Broccoli Rye Bread Sliced Pears (Seafood Salad on Rye)	2 Kale and Bean Soup Chicken w/ Lemon Sauce Rice Pilaf Normandy Blend Vegetables Marble Bread Coffee Cake (Corned Beef on Marble)	3 Independence Day Lemonade Pub Burger w/ Au Jus Potato Salad Cole Slaw Wheat Bread Watermelon (Hot Dog on Bun)	4 Closed Independence Day	5 Red Chowder Baked Fish / Crumb Topping Mashed Potato Garlic Spinach Oatmeal Bread Fruit Cocktail (Chicken Salad on Oatmeal)
8 Split Pea Soup Baked Ham w/ Glaze Mashed Sweet Potato Vegetable Blend Multi Grain Bread Lemon Pudding (Burger on a Bun)	9 Barley Soup Beef Wellington/Ketchup O'Brien Potato Green Beans, Pumpkin Bread, Mandarin Oranges (Chicken Loaf/Cheese on Pumpkin)	10 Turkey Vegetable Soup Chicken Marsala Rice Pilaf Capri Blend Vegetables Rye Bread Fresh Fruit (Bologna/ Cheese on Rye)	11 100% Apple Juice Turkey Chili w/ Cheese Roasted Brussels Sprouts Corn Bread Pineapple Chunks (Tuna on Pretzel Roll)	12 Chicken Soup Egg Salad Italian Style Pasta Salad Broccoli Slaw Wheat Bread, Fruit Bar (Turkey/Cheese on Wheat)
15 Tomato Vegetable Soup Roasted Pork Loin/Gravy Stuffing Seasoned Spinach Oatmeal Bread Sliced Peaches (Shrimp Salad on Oatmeal)	16 Beef Vegetable Soup Herb Roasted Grilled Chicken Roasted Potato California Blend Vegetable Roll Pudding (Hamburger on a Bun)	17 Chicken Soup/Anci di Pepe Lasagna Roll Up/ Sauce Italian Blend Vegetable Italian Bread Ice Cream (Ham Salad on Italian)	18 Happy Birthday Escarole and Bean Soup Pot Roast w/Gravy Mashed Potatoes Mixed Vegetables Wheat Bread, Cupcake (Chicken Salad on Wheat)	19 White Chowder Florentine Fish Au Gratin Potato Baby Whole Carrots Marble Bread Fresh Fruit (Pastrami/ Swiss on Marble)
22 Italian Wedding Soup Chicken Cacciatore Basil Rice Seasoned Summer Squash Italian Bread, Fruit Cocktail (Meatball on Roll)	23 Onion Soup American Chop Suey Elbow Pasta Roasted Brussels Sprouts Wheat Bread, Vanilla Pudding (Seafood Salad on Wheat)	24 100% Orange Juice Scrambled Eggs Baked Beans Tomato Half Greek Yogurt (Honey Ham and Cheese/Roll)	25 Lentil Soup Veal/Mushroom Gravy Seasoned Pasta Italian Blend Vegetable Pumpernickel Bread Pears, (Chicken Salad on Roll)	26 Minestrone Soup Roasted Airline Chicken Wild Rice Seasoned Sliced Carrots Rye Bread Brownie, (Tuna on Rye)
29 Tomato Basil Soup Shepherds Pie w/ Ketchup California Blend Vegetables Oatmeal Bread, Tropical Fruit (Honey Ham/Swiss on Oatmeal)	30 Chicken Soup Italian Sausage Seasoned Tortellini Peppers and Onions Wheat Bread, Ice Cream (Egg Salad on Wheat)	31 Pasta and Bean Soup Fried Steak with Gravy Mashed Potato Vegetable Blend 9 Grain Bread, Fresh Fruit (Shrimp Salad on 9 Grain)	Salad of the Month Tuna-Olives Tomato-Green Pepper-Lettuce Italian Dressing Begins Monday July 1	
<i>Reservations must be made one day in advance</i> Monday –Friday Only Z				