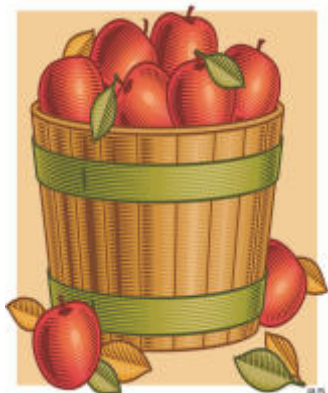


East Providence Senior Activity Center



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

September 2020

Letter from the Director :

Dearest Members:

I can't believe it is already September. September marks my first year anniversary of coming on board as your new Senior Center Director. It has been a wild ride to say the least ! I am very grateful and proud to be part of the East Providence Senior Center community . I use the word community because the Senior Center is a tight knit group of beautiful people who give of their time, talent, and treasure to make our center so outstanding. The energy has not been the same these last 5 months without having you all here. I along with the staff have been working these last few months reviewing the guidance put out by the state and preparing our building for when we can reopen. I understand many of you are anxious to return while others are apprehensive. This is understandable. By the printing of this newsletter, I will have submitted a reopening plan to the Mayor for his review. Planning in these uncertain times is tricky . Not only is the weather changing but so does our understanding of this virus . Stay tuned for some creative ideas on how we can safely connect again soon.

Wishing you all good health,

Laura Jones

FREE
Cloth Face Coverings
AVAILABLE
At The Senior Center
Call: 401-435-7800

Farmers Market Vouchers

Are available and being distributed at the East Providence Senior Center .
Please call for more information at 401-435-7800.

Farmers Market being held in East Providence at Weaver Library every Thursday 4-7pm through Sept.24th





Thank you to all of the volunteers who continue to shared 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 August 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 401-270-1729

sgomes@eastprovidenceri.gov

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Dining Room 401-270-1814

Richard DiCecco Facilities

Kenny Atkinson Facilities

Pat Thomas Receptionist

Ed Daft Transportation

Steve Checraallah Transportation

Lee Wilber Transportation

Dick Wood Transportation

Advisory Board

Maryann Leonardo

Eleanor Monteiro

Angela Caldarone-Byrd

Judy Phillips

Jim Phillips

George Furtado

Jan Kinder



VIRTUAL COMMUNITY

Age-Friendly Rhode Island Virtual Community Center

Check out the new Virtual Community Center on the Age-Friendly Rhode Island website: www.agefriendlyri.org . Go to the website and click on Virtual Community Center. Check out all the fun activities to keep you connected while sheltering in place. Click onto the calendar of events for a peak at what Age Friendly RI Virtual Community Center is offering in the month of September.

These are examples of some of the offerings:

- Stretch and Relax Fitness Class (Live)
- Core Fitness Class
- Laughter Yoga with Larry O'Brien (Live)
- Mindfulness Tuesday, 15 minute Pause
- Dance For All People with Rachel Balaban (Live)
- Age Friendly Rhode Island Radio Hour (Live)
- Rhode Island Virtual Memory Café (Pre-Register)
- Cardio dance Fitness Class (Live)
- Aging Strong –Seated Lover Body
- Practicas De Mindfulness En Español
- Sunday Guided Mindful Yoga and Discussion
- SAGE RI Zoom Café
- Coffee with the Age Friendly Rhode Island Interns



Zoom YOGA

Sponsored by Blue Cross, Blue Shield of RI

Susan Bayley is teaching a 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.



Losing His Memory

The man looked a little worried when the doctor came in to administer his annual physical, so the first thing the doctor did was to ask whether anything was troubling him.

"Well, to tell the truth, Doc, yes," answered the patient. "You see, I seem to be getting forgetful. No, it's actually worse than that. I'm never sure I can remember where I put the car, or whether I answered a letter, or where I'm going, or what it is I'm going to do once I get there — if I get there. So, I really need your help. What can I do?"


The doctor mused for a moment, then answered in his kindest tones,
"Pay me in advance."




There is still time!

**East Providence is
Counting on You!**

Fill out the 2020 Census at
www.my2020census.gov

#EPcounts2020 



Count and Win!

JUST FOR COUNTING, YOU GET A
CHANCE TO WIN A \$25 GIFT
CERTIFICATE TO ONE OF MANY LOCAL
EAST PROVIDENCE RESTAURANTS!

Once you have completed the Census, visit shorturl.at/yXY45,
to enter for your chance to win!



TELEHEALTH NUTRITION APPOINTMENTS

Ann Marie Sabula, MA, RDN, LDN, CDE, CDOE , Registered Dietitian/Nutritionist and Diabetes Educator is available to schedule a telehealth nutrition appointment. A telehealth appointment can be done via telephone or Face Time and is a great and safe way to get nutrition advice during the current health crisis. For more information please call Ann Marie at 401-447-6299.

Nutrition Facts			
Serv. Size 1/3 cup (56g) Servings about 3 Calories 90 Fat Cal. 20			
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat 2g	3%	Total Carb. 0g	0%
Sat. Fat 1g	5%	Fiber 0g	0%
Trans Fat 0.5g		Sugars 0g	
Cholest. 10mg	3%	Protein 17g	
Sodium 200mg	8%		
Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 6%			

THE AGE-FRIENDLY RI RADIO HOUR

LISTEN WEEKLY ON AM 790

WEDNESDAYS

FROM 3:00-4:00 PM



EACH WEEK NEW GUESTS JOIN THE HOST,

CATHERINE TAYLOR

FOR A SCHEDULE OF UPCOMING SHOWS VISIT :

<https://agefriendlyri.org/radio-hour/>

**Don't worry if you have missed some shows, past shows are
available on line**

RECIPE OF THE MONTH



PORK LOIN CHOPS WITH SWEET BALSAMIC MUSHROOMS

SERVINGS: 8 | 8 boneless center-cut pork loin chops (4 ounces each), trimmed of fat

- 1/2 teaspoon ground black pepper
- 2 tablespoons canola oil, divided
- 12 ounces sliced portobello mushrooms
- 2 garlic cloves, minced
- 1/2 teaspoon salt, divided
- 2 tablespoons balsamic vinegar
- 2 tablespoons water
- 2 teaspoons Worcestershire sauce
- 1 teaspoon sugar
- 2 tablespoons chopped green onions

SPRINKLE both sides of pork with pepper.

In large skillet over medium-high heat, heat 1 tablespoon canola oil. Cook pork chops 4 minutes on each side, or until internal temperature reaches 160 F.

In skillet over medium-high heat, **HEAT** remaining canola oil; tilt skillet to coat bottom lightly. Cook mushrooms 4-5 minutes, or until tender and juices begin to release, stirring occasionally. Stir in garlic and 1/4 teaspoon salt; cook 15 seconds, stirring constantly. Place over pork chops; cover to keep warm.

To pan residue, add vinegar, water, Worcestershire sauce, sugar and remaining salt. Bring to **BOIL** over medium-high heat and boil 1 1/2-2 minutes, or until reduced to 2 tablespoons, scraping bottom and sides of skillet. Drizzle sauce over pork and mushrooms. Sprinkle with onions.

For more time-saving recipes, visit canolainfo.org.

(Courtesy of Family Features)

SEPTEMBER | 2020

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ARTICLE OF THE MONTH

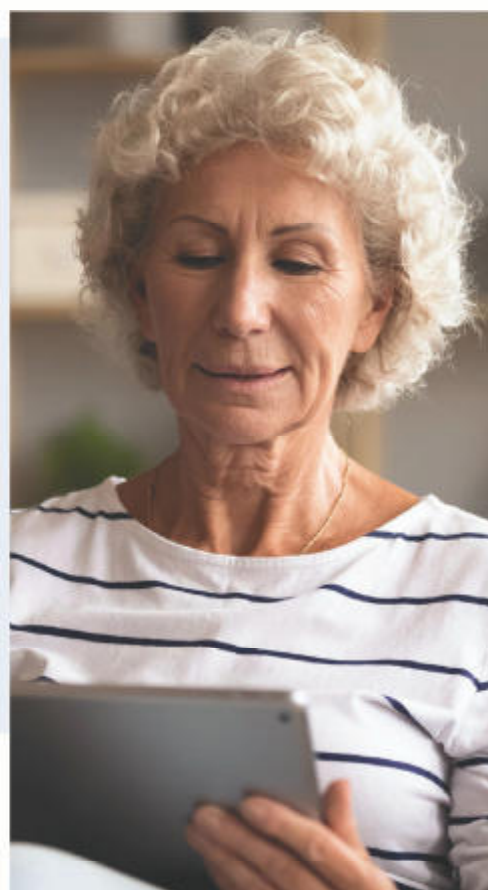
STAY SAFE ON SOCIAL MEDIA

Does it seem to you like the older adults in your life struggle to protect their Facebook and other social media accounts from being hacked? You would be correct. Seniors are often the victims of Facebook hacks, for reasons ranging from choosing weak passwords to accepting friend requests from scammers.

Older adults are frequent targets for hacking on online platforms other than Facebook, too. Some security experts say this is because seniors are perceived to have greater financial assets, while also lacking the technical skills necessary to protect themselves.

It's important to raise awareness of this issue, since the number of older adults utilizing social media platforms is climbing. This is especially true of Facebook.

While younger adults are turning away from Facebook, seniors continue to be one of the largest and fastest-growing demographics on the platform. Data from the Pew Research Center shows that 37% of those born before 1945 were on Facebook in 2019, compared to just 21% in 2012. Baby boomers' usage of Facebook climbed from 43% to 60% in the same time frame.



What are older adults doing that's putting them at increased risk for an online data breach? Cyber experts cite a few of the common causes and offer advice on how seniors can stay safe.

1. Follow best practices for Facebook security.

Along with sending and receiving emails and online shopping, visiting Facebook is one of the most popular cyber activities for seniors. Unfortunately, scammers recognize that. If you or a senior in your family is on Facebook, make sure to share "Senior Safety & Facebook Staying Safe Online" with them. The article discusses the false sense of security older adults often feel on Facebook, and steps everyone can take to protect their privacy.

2. Use strong passwords on all internet devices.

Many tablets, phones, and laptops give users the option of disabling password protection. While it might

be more convenient not to have to enter a password each time you use the device, it also makes it easier for you to become the victim of a security breach. Remember, a strong password should include at least 12 characters and include a mix of letters, numbers, and symbols. Also refrain from using personal information, such as a child's birth date or pet's name, in the password.

3. Keep apps updated.

Facebook, Instagram, and other social media platforms frequently notify users that an update is available. Often these updates are to improve the appearance of the platform, but sometimes they are to fix a security bug or glitch. You can protect yourself by staying on top of each update.

4. Install security software.

Viruses and malware can sneak into your computer and other devices in a variety of ways. By installing reliable security software on your laptop, you can lower your risk. Also be sure to run the antivirus and antispyware software regularly. Finally, beware of security updates that appear in pop-ups and emails you receive. Many are actually viruses.

Our final suggestion is to be wary of emails that come from unknown sources or that encourage you to update financial information or records. They may be from a scammer hoping to steal your personal or financial information.

Name: _____

Date: _____

All About Autumn

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

Word List:

APPLES
CHESTNUTS
COOL
ELECTIONS
FOOTBALL
HALLOWEEN
MAIZE
PEARS
SCARECROW
THANKSGIVING

AUTUMN
COBWEB
CORNUCOPIA
FALL
FROST
HARVEST
NOVEMBER
PIE
SCARF
TREES

BOUNTY
COLORS
COSTUMES
FEAST
GHOSTS
HAYRIDE
NUTS
PUMPKINS
STUFFING
TURKEY

BRISK
COLUMBUS
CRANBERRIES
FOLIAGE
GOURDS
LEAVES
OCTOBER
RAKE
SWEATERS
VETERANS



LOCAL HELP FOR PEOPLE WITH MEDICARE

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

Consider becoming SHIP volunteer. The position offers great learning opportunities, online training, and meaningful work, as well as gratitude and appreciation from beneficiaries.

Voter Information Center

vote.sos.ri.gov

Statewide primary is Tuesday, September 8th

General Election is Tuesday, November 3rd

Mail ballot application deadline is Saturday, October 3rd



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Lisa Janicki, MS

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10

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.



Family Service of Rhode Island's
BE SAFE PLUS

Delivering fresh foods and cleaning supplies to keep Rhode Island's seniors healthy and well.

Am I eligible? We can serve:

- ▶ Adults age 60+.
- ▶ Adults with disabilities who reside in housing facility in which there is a Title III-C meal site.
- ▶ Adult children with disabilities who reside with their parent age 60+.
- ▶ Caregivers – spouses of aforementioned individuals.
- ▶ Grandparents or caregivers age 55 and older caring for grandchildren or foster children under age 18.

Where do we deliver?

All across the state of Rhode Island. These are “no contact” home deliveries, so that our drivers and you remain safe. Drivers will leave your delivery at the door and contact you by phone to let you know your package has arrived.

What's in the box?

It may vary depending on availability... Fresh fruits, vegetables and proteins – as well as safety supplies like masks, hand sanitizer, sani-wipes, thermometers, toilet paper, paper towels, and gloves.

How do I get help?

Call The Point – your healthy aging help desk at:

(401) 462-4444

For group deliveries, call:

(401) 519-2283

Delivery Time

Our staff will call you to discuss your needs and schedule your delivery. Please understand this is not an emergency food delivery service and it may vary depending upon the volume of referrals.



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 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.

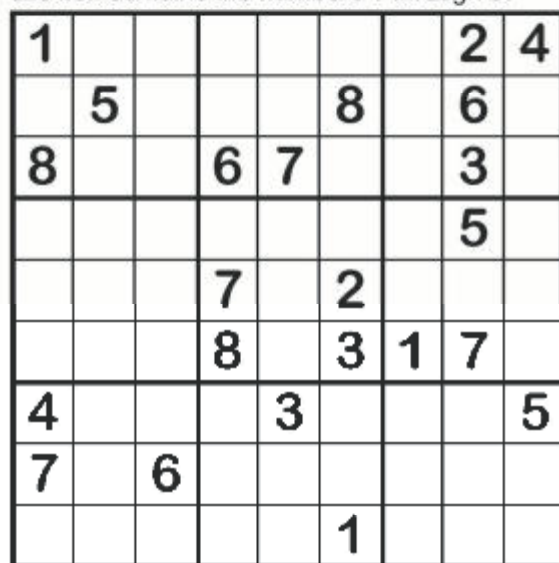
A suggested donation of \$3.00 per boxed lunch will help to sustain the program



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: ★★★★★

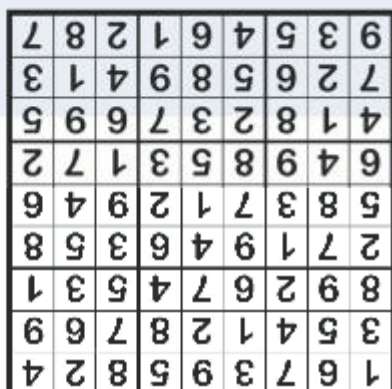
ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. (Note: "I" = "R".)

"LKS EAUS VG O WON'E DKOTODLST
DON ZS EKVPN ZM LKS LKANFE LKOL
WOQS KAW ONFTM."

— OXLKVT XNQNVPN

PREVIOUS SOLUTION: "The size of a man's character can be shown by the things that make him angry." — Author Unknown



Answer to Sudoku



Exercise
YOUR BRAIN!

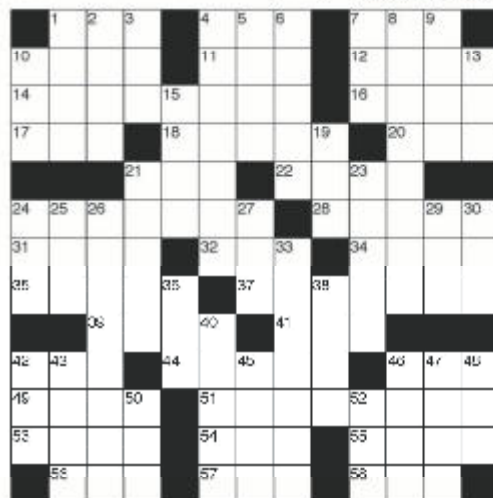
CROSSWORD PUZZLE

ACROSS

- 1 Sheep's cry
- 4 Certified Public Accountant (abbr.)
- 7 Wolfsmire
- 10 School residence
- 11 Own (Scot.)
- 12 Trolley
- 14 Poop (2 words)
- 15 7th incarnation of Vishnu
- 17 Limited (abbr.)
- 18 Agee fiber
- 20 Television channel
- 21 Pointed (pref.)
- 22 You (Ger.)
- 24 Elastic
- 28 One of the Beatles
- 31 Indian carpet
- 32 Bronze (Lat.)
- 34 River into the Yellow Sea
- 35 Dismay
- 37 Birthstone
- 39 Killer of Abel
- 41 Amer. Medical Assn. (abbr.)
- 42 Miles per hour (abbr.)
- 44 Last Imam
- 46 Barely get by
- 49 Oz books author
- 51 White wine
- 53 Hillside shelter
- 54 Military assistant
- 55 Knotted fibers
- 56 Rom. bronze
- 57 Bird's display area
- 58 Shak. contraction

DOWN

- 1 Disputable
- 2 Jack-in-the-pulpit
- 3 Danish county
- 4 Pause in poetry
- 5 Ancient Britain
- 6 Tarsus
- 7 Center (abbr.)
- 8 Mite
- 9 Young sheep
- 10 Double (abbr.)
- 13 But (Sp.)
- 15 Gaming cubes
- 19 Europe (abbr.)
- 21 Cordage fiber
- 23 Eyelashes
- 24 Eth. title
- 25 Exclamation
- 26 Booklet
- 27 Affirmative
- 29 General Accounting Office (abbr.)
- 30 Out (Scot.)
- 33 Eider (2 words)
- 36 Kipling hero
- 38 Exude
- 40 Skull bone
- 42 Master of Business Administration (abbr.)
- 43 Para-aminobenzoic acid
- 45 Geological vein angle
- 46 Winged god
- 47 Unite
- 48 Longer
- 50 Badly (pref.)
- 52 Attonso's queen



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A21

SEPTEMBER | 2020

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SEPTEMBER IS INTERNATIONAL INTERGENERATIONAL MONTH

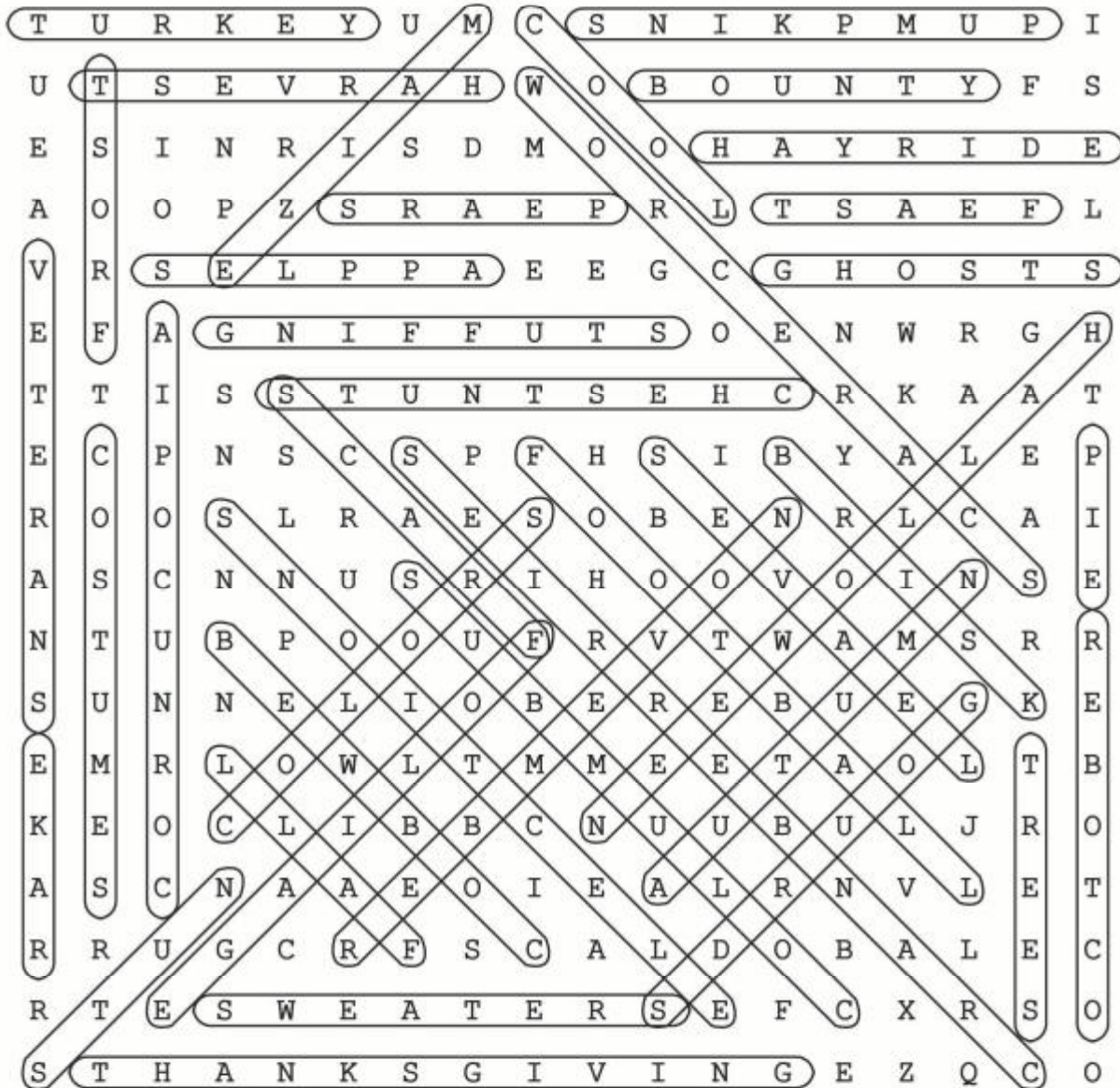
This is a global movement celebrating the many benefits of relationships between adults aged 60+ and young people. Though the month, we seek to raise awareness about societal changes that have created the need for mindfully uniting the generations. Ideas to mix generations include:

- Read a story out loud
- Bird watch together
- Tell a family story
- Ask a child about their day, school or work
- Listen to favorite music together
- Watch sports together
- Bake cookies
- Go fishing
- Take up knitting/crochet together
- Tell and listen to childhood memories



Name: _____ Date: _____

All About Autumn



Word List:

APPLES
CHESTNUTS
COOL
ELECTIONS
FOOTBALL
HALLOWEEN
MAIZE
PEARS
SCARECROW
THANKSGIVING

AUTUMN
COBWEB
CORNUCOPIA
FALL
FROST
HARVEST
NOVEMBER
PIE
SCARF
TREES

BOUNTY
COLORS
COSTUMES
FEAST
GHOSTS
HAYRIDE
NUTS
PUMPKINS
STUFFING
TURKEY

BRISK
COLUMBUS
CRANBERRIES
FOLIAGE
GOURDS
LEAVES
OCTOBER
RAKE
SWEATERS
VETERANS