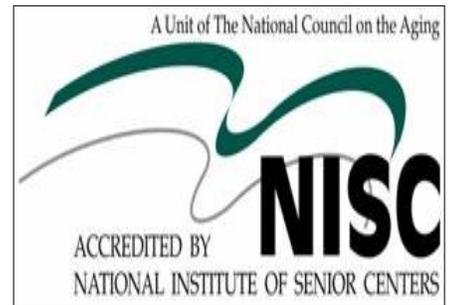


EAST PROVIDENCE SENIOR ACTIVITY CENTER

"THE SENIOR VOICE"



October 2015

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



Staff

Robert Rock	Director	Ext. 5
Maureen Carroll	Admin. Assistant	Ext. 4
Ellen Frazier	Resource Specialist	Ext. 3
Mary Jane Milner	Registered Nurse	Ext. 7
Sue Doyle	Dining Coordinator	Ext. 2
Jose Pinheiro	Facility Manager	
Pat Thomas	Receptionist	
Connie Caetano	Administration Volunteer	
Eleanor Monteiro	Travel Coordinator	
Ed Daft	Transportation	
Steve Checralah	Transportation	
Lee Wilber	Transportation	
Hilda Dewey	Transportation	

Advisory Board

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

Open Enrollment for Medicare

Annual Open Enrollment for Medicare recipients is October 15th through December 7th. This is the only time of year most Medicare recipients can change their plans. Many people have saved hundreds of dollars by changing prescription plans. Take advantage during this limited time and review your plan at our annual Open Enrollment.

Please call the Senior Health Insurance Program (SHIP) @ 435-7876 for an appointment!

Blue Chip

Wednesday, October 21st @ 10:30am

Monday, November 16th @10:30am

United Health

Tuesday, November 3rd @ 10:30am

Tuesday, December 1st @ 10:30am

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.

Nutrition Program: The center provides a nutritional meal to approximately 85 seniors per day.

Case Management / Senior Services

The center coordinates with East Bay Community Action Program Inc., for all casework and follow-ups. Protective Services Council, made up of city departments and mental health/social service agencies, meets monthly to discuss problems concerning the elderly.

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 let us know at least one day in advance.

Notary

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

Seminars

Monthly social, educational, and financial seminars on topics relating to seniors.

Gift Shop

The gift shop has many different items for the convenience of our members. Small items from candy and greeting cards to jewelry, Boyd's Bears, handmade items and crafts.



Support Groups

Stroke Club

1:30pm - 3:00pm

The Stroke Club meets on the first Wednesday of each month and provides entertainment, education, support, socialization, refreshments, 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.

Coming in November

AARP Smart Driving Course
Monday, November 9th

11:30-4pm

Sign up in

Administration Office

Membership

\$15 Residents

\$20 Non-Residents

Fitness Room

\$40 Single Resident

\$45 Non-Resident

\$70 Couple Resident

\$80 Couple Non-Resident

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.

Dining Room

YOU MUST ORDER AT LEAST ONE DAY IN ADVANCE FOR MEALS

We cannot guarantee a meal if a meal is not ordered.



East Providence Career and Technical Center students providing free manicures at our center

REMEMBER

Friday, Oct. 2nd

Blood Pressure Clinic 10:30pm

Tuesday, Oct. 6th

Wellness Screenings 9:00am

Chestnut Terrace 10:30am

Wednesday, Oct. 7th

Clinical Lab 8:30am

Stroke Club 1:30pm

Thursday, Oct. 8th

URI SNAP ED 11:00am

Monday, Oct. 12th

Columbus Day CLOSED

Tuesday, Oct. 13th

Flu Clinic 12:30-3pm

Wednesday, Oct. 14th

Blood Pressure Clinic 10:30am

Food for Thought 11:00am

Thursday, Oct. 15th

Blood Pressure Clinic 10:30pm

Red Hats 1:30pm

Friday, Oct. 16th

InSight 12:45pm

Monday, Oct. 19th

Caregiver's Support 10:30am

Tuesday, Oct. 20th

Flu Clinic 8:30-Noon

Home Instead 10:30am

Wednesday, Oct. 21st

BlueChip for Medicare 10:30am

Thursday, Oct. 22nd

Diabetes Support 1:00pm

Monday, Oct. 26th

Computer Assistance 2:00pm

Tuesday, Oct. 27th

Blood Pressure Clinic 10:30am

Wednesday, Oct. 28th

Flu Clinic 8am-11am

Thursday, Oct. 29th

Podiatrist 8:30am

Weekly/Monthly Programs

Monday

9:00am Intermediate Yoga
 9:00am Tax Preparation (Feb.-March)
 10:30am Beginners Yoga
 10:30am Caregivers Support (3rd Mon)
 1:00pm Pokeno
 2:00pm Ballroom Dancing

Tuesday

9:00am Bocce Ball
 9:30am Aerobics Exercise
 9:30am Watercolor Class
 11:00am Tai Chi
 12:30pm Watercolor Class
 1:25pm BINGO
 6:30pm Fit Mix

Wednesday

7:00am Intermediate Yoga
 8:30am East Side Lab (1st Wed)
 9:00am Blended Yoga
 9:00am Walking Club (May-Oct.)
 10:00am Scrabble
 10:45am Chair Exercise
 1:00pm Cribbage
 1:30pm Stroke Club (1st Wed)

Thursday

7:30am Yoga
 9:30am Aerobics Exercise
 12:30pm Bridge
 1:00pm Craft Class
 1:00pm Diabetes Support (4th Thurs)

Friday

9:00am Billiard League
 10:00am Scrabble
 10:30am Fitness Advisor
 10:45am Chair Exercise
 11:00am Meditation Class
 12:45pm In-Sight Support Group (3rd Fri)
 1:20pm Hi Lo Jack League

Daily

8am—4pm Fitness Center
 8am—4pm Library
 8am—4pm Computer Games
 9am-11am Coffee An
 11:45am Lunch
 2:15pm Coffee Bar

Having lived life is beautiful

Today's seniors are a much needed lifeline to the past, a past that is being quickly forgotten.

Let us look to our seniors before it's too late.
 Let us talk to them and learn from them.

What can they tell us just by looking into their eyes?
 See the beauty of their faces, which is striking.

Not only youth is beautiful.
 Experience and knowledge are beautiful.

Having lived life is beautiful.

“Stop blaming your spouse for your unhappiness, your parents for your lack of motivation, the economy for your social status, your childhood for your phobias, and anything else to which you assign blame points. You're the result of the choices you've made in your life”.

Dr. Wayne Dyer

Activities

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.

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.

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 9:30am \$2
Instructor Karen Boyd gives members a great cardiovascular workout. Hand and ankle weights are used to tone and build your muscles.

Card Games

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

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: a 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.

Fitness Programs

Yoga and Blended Yoga Class \$3

Yoga classes come in three varieties: Beginner, Intermediate, and Intermediate Blended with Bone Builders. 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).

Monday	Intermediate	9am
Monday	Beginners	10:30am
Wednesday	Intermediate	7am
Wednesday	Blended	9am
Thursday	Intermediate	7:30am

Tai Chi Tuesday 11am \$3

This ancient art form of exercise has been proven to reduce stress as well as chronic pain. Tai Chi also reduces heart rate, and calms the mind and body.

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

YOUR HEALTH

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.



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

Dietitians

Ann Marie Sabula and Mary Proietta, Registered Dietitians are 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 at the senior center on Friday mornings @ 11 am. This program is free and open to all members.

Clinical Lab

**Wednesday, Oct. 7th
8:30am**

East Side Clinical Lab draws blood work here the first Wednesday of the month. There is no pre-registration, just come in with the lab slip.

Blood Pressure Clinics

10:30am

Orchard View Friday, Oct. 2nd
Waterview Villa Wednesday, Oct. 14th
Evergreen House Thursday, Oct. 15th
Hattie Ide Chaffee Tuesday, Oct. 27th

Food for Thought

**Wednesday, Oct. 14th
11am**

Meghan Tiernan, MS, RD, LDN, will be conducting a "Food for Thought" nutritional series. This series will offer suggestions for a variety healthy food options, important nutritional tips, some tasty snack samples and more. Meghan, with over eight years of industry experience, holds a Masters of Science Degree and is a licensed and registered dietician for Evergreen Nursing & Rehabilitation.

Podiatrist

**Thursday, Oct. 29th
8am**

Dr. Michael Reuter, Podiatrist, will be in the Health Office seeing patients. To schedule your appointment or if you have any questions call Dr. Reuter's office directly at: 228-7887 and speak with Diane. Dr. Reuter accepts most major insurance plans.

Gloria Gemma Breast Cancer Resource Foundation

East Providence Career and Technical Center Salon
435-7815

October 28th from 2:30pm - 6:00pm

Facials \$5.00	Manicures \$5.00
Paraffin wax \$5.00	Pedicures \$5.00
Haircutting \$5.00	Blow drying \$5.00
Waxing eyebrows/upper lip \$5.00	

The students in the Cosmetology program are volunteering their time to help raise money. **Walk-ins are welcome, booked appointments will have priority.**

Keys to Recognizing a Stroke

Strokes can happen to anyone at any time, regardless of [sex](#) or age. Each year, nearly 800,000 people in the U.S. have a [stroke](#), and 130,000 die from one. Of those who survive, more than two-thirds will have some disability. Recognizing [stroke symptoms](#) is key to preventing a needless death.

“Many patients who have a [stroke](#) develop droopiness on one side of the face. And they get [weakness](#) in the arm, so in many cases their arm falls to the side and they can’t lift it. If you ask them to smile, it’s not symmetrical,” says Holli A. DeVon, PhD, RN, an associate professor in the College of Nursing at the University of Illinois at Chicago.

In general, the best way to tell if someone is having a [stroke](#) is to use the acronym FAST, which stands for face drooping, arm weakness, speech difficulty, and time to call 911.

If you think someone is having a stroke, ask them to smile, raise an arm, and speak a short sentence. If you see any of these signs, it’s time to call 911.

WebMD

Reviewed by [James Beckerman, MD, FACC](#)



HUG ME!



October 13th
12:30 to 3pm

October 20th
8:30 to Noon

October 28th
8am to 11am



SENIOR HAPPENINGS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 9:00 Yoga Class 9:30 Diabetes Ed 10:30 Beginners Yoga 1:00 Pokemo 2:00 Ballroom Dancing	6 9:00 Wellness Screenings 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 10:30 Chestnut Terrace 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo 6:30 Fit Mix	7 7:00 Yoga 8:30 Clinical Lab 9:00 Walking Club 9:00 Blended Yoga 9:00 Scrabble 10:45 Chair Exercise 1:00 Cribbage 1:30 Stroke Club	1 7:30 Yoga 9:30 Aerobic Exercise 12:30 Bridge 1:00 Craft Group	2 9:00 Scrabble 10:30 Orchard View Blood Pressures 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack
5 9:00 Yoga Class 9:30 Diabetes Ed 10:30 Beginners Yoga 1:00 Pokemo 2:00 Ballroom Dancing	6 9:00 Wellness Screenings 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 10:30 Chestnut Terrace 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo 6:30 Fit Mix	7 7:00 Yoga 8:30 Clinical Lab 9:00 Walking Club 9:00 Blended Yoga 9:00 Scrabble 10:45 Chair Exercise 1:00 Cribbage 1:30 Stroke Club	8 7:30 Yoga 11:00 URI SNAP Ed 12:30 Bridge 1:00 Craft Group	9 9:00 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack
12 9:00 Yoga Class 9:30 Diabetes Ed 10:30 Beginners Yoga 1:00 Pokemo 2:00 Ballroom Dancing	13 9:00 Wellness Screenings 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 10:30 Chestnut Terrace 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo 6:30 Fit Mix	14 7:00 Yoga 8:30 Clinical Lab 9:00 Walking Club 9:00 Blended Yoga 9:00 Scrabble 10:45 Chair Exercise 1:00 Cribbage 1:30 Stroke Club	15 7:30 Yoga 11:00 URI SNAP Ed 12:30 Bridge 1:00 Craft Group	16 9:00 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack

CLOSED

Columbus Day

9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 11:00 Tai Chi 12:30 Flu Clinic 12:30 Painting Class 1:25 Bingo 6:30 Fit Mix	7:00 Yoga 9:00 Blended Yoga 9:00 Walking Club 9:00 Scrabble 10:30 Waterview Blood Pressures 10:45 Chair Exercise 11:00 Food for Thought 1:00 Cribbage	7:30 Yoga 10:30 Evergreen Blood Pressures 12:30 Bridge 1:00 Craft Group 1:30 Red Hats	9:00 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 12:45 InSight 1:20 Hi Lo Jack
19 9:00 Yoga Class 9:30 Diabetes Ed 10:30 Beginners Yoga 10:30 Caregivers Support 1:00 Pokeno 2:00 Ballroom Dancing	20 8:30 Flu Clinic 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 10:30 Home Instead 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo 6:30 Fit Mix	22 7:30 Yoga 9:30 Aerobic Exercise 12:30 Bridge 1:00 Craft Group 1:00 Diabetes Support	23 9:00 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack
26 9:00 Yoga Class 9:30 Diabetes Ed 10:30 Beginners Yoga 1:00 Pokeno 2:00 Ballroom Dancing 2:00 Computer Assistance	27 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 10:30 Hattie Ide Chaffee Blood Pressures 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo 6:30 Fit Mix	29 7:30 Yoga 8:00 Podiatrist Advisory Board 9:30 Aerobic Exercise 12:30 Bridge 1:00 Craft Group	30 9:00 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack

Ads

**Thank You to all of our volunteers
who do what you do.
The following are not my words
but certainly my thoughts:**

Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another. Erma Bombeck

Volunteers are paid in six figures... S-M-I-L-E S.
Gayla LeMaire

Those who can, do. Those who can do more, volunteer.
Author Unknown

Wherever a man turns he can find someone who needs him. Albert Schweitzer

Unselfish and noble actions are the most radiant pages in the biography of souls. David Thomas

The breeze, the trees, the honey bees —
All volunteers!
Juliet Carinreap

There are two ways of spreading light - to be the candle or the mirror that reflects it. Edith Wharton

The world is hugged by the faithful arms of volunteers.
Terri Guillemets

We often take for granted the very things that most deserve our gratitude. Cynthia Ozick

You may not have saved a lot of money in your life, but if you have saved a lot of heartaches for other folks, you are a pretty rich person. Seth Parker

Volunteers don't get paid, not because they're worthless, but because they're priceless. Sherry Anderson

Feeling gratitude and not expressing it is like wrapping a present and not giving it.
William Arthur Ward

No one is more cherished in this world than someone who lightens the burden of another. Unknown

I've seen and met angels wearing the disguise of ordinary people living ordinary lives. Tracy Chapman

Silent gratitude isn't much use to anyone.
G.B. Stern

God and angels don't get paid even though theirs is some of the most important work around. Ditto for volunteers. Cherishe Archer

Something that has always puzzled me all my life is why, when I am in special need of help, the good deed is usually done by somebody on whom I have no claim. William Feather

Volunteers are love in motion! Author Unknown

How beautiful a day can be When kindness touches it!
George Elliston

Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well. Voltaire

It's nice to be important, but it's more important to be nice. Author Unknown

The hardest arithmetic to master is that which enables us to count our blessings. Eric Hoffer

The deepest principle in human nature is the craving to be appreciated. William James

It's easy to make a buck. It's a lot tougher to make a difference. Tom Brokaw

Volunteers do not necessarily have the time; they just have the heart. Elizabeth Andrew

You Can Keep Your Brain Fit as You Age

The brain is a remarkably dynamic organ that continues to develop and adapt over your lifetime. This responsive and ever-changing nature of your brain is referred to as *plasticity*, and provides you with great opportunities to keep our brains fit and healthy.

The wonderful characteristic of brain plasticity does not end at a certain age. It spans the lifetime, so adults of any age have the opportunity to improve their brain fitness. Embrace the opportunities your brain's plasticity provides, and pursue a lifestyle that protects and enhances your brain fitness. A comprehensive lifestyle approach to brain fitness engages the whole person - mind, body, and spirit.*

- **Social connections.** This can be the fun part! You may retire from your career, but don't retire from life. Staying engaged in life, involved in your community, and connected to family and friends is an important element of brain fitness and overall healthy aging.
- **Physical fitness.** Aerobic activity, such as brisk walking, can increase the flow of oxygen and nutrients to the brain, and release growth factors that encourage nerve cell growth. Regular exercise also encourages the release of endorphins, which can boost your mood. Take regular brisk walks, go dancing, take an exercise class – just make sure you enjoy it so you will do it consistently.
- **Mental stimulation.** Regularly expose your brain to new and complex ideas, tasks or situations. The focus and concentration needed to learn something new triggers activity in the brain, and encourages it to respond and grow. Do crossword puzzles or Sudoku, read a challenging book, attend a lecture, learn a new language, or learn a musical instrument. The key is that you do things that are new and require focused concentration to learn them.
- **Nutrition.** Eating a healthy, well-balanced diet can not only reduce the risk of many chronic diseases, it can also promote brain fitness and reduce your risk of age-related dementias. Choose foods with the essential vitamins, minerals, and antioxidants needed to feed a healthy brain, and limit excess processed foods.

Spirituality. Relaxations techniques, meditation, and prayer are three ways people may find peace in our hurried and stressful society. Your brain can still function in a chaotic world, but will work more efficiently over time if you regularly provide time for reflection and relaxation.

Brain fitness can improve your sense of well-being and quality of life. Over the long term, it may help reduce your risk of age-related dementia's, such as Alzheimer's disease. And the good news is you can make a tremendous impact on your brain fitness by choosing to engage your mind in challenging, healthy activities every day.



Nussbaum, Paul, Ph.D. *Your Brain Health Lifestyle:
A Proactive Program to Preserve your Life Story*

Attorney General Kilmartin Warns RI Taxpayers of Latest IRS "Back Taxes" Scam

Seeing a spike in the last week of consumer calls regarding unsolicited phone calls from individuals pretending to be from the Internal Revenue Service (IRS), Attorney General Peter F. Kilmartin is reminding all Rhode Islanders that the IRS does not contact individual taxpayers via telephone or email demanding immediate payment on alleged taxes owed.

In this most recent wave of the IRS scam, individuals are contacting taxpayers via telephone, telling them they owe back taxes and that if they do not provide immediate payment, the IRS will take legal action. In many cases, this outfit will leave a voicemail with a return phone number, which is most likely a "spoofed" phone number to give the scammers the appearance of being legitimate. The callers demand payment by credit cards, prepaid debit cards or wire transfers. The amount of alleged back taxes being owed varies from call to call, with reports of some consumers being told they owe approximately \$8,000 in back taxes.



"It is important to remember that the IRS never calls individual taxpayers demanding immediate payment. The IRS will not threaten imminent arrest for failure to pay back taxes. These calls are scams. Don't be fooled by the legitimate-appearing phone number or a person who says they are a special agent. Scam artists are using technology to their advantage to pull the wool over the eyes of hard-working, taxpaying citizens. It is despicable, and the best way to stop this, and other scams, is to be a savvy and smart consumer," said Attorney General Kilmartin.

Kilmartin recommends that consumers receiving these calls, and others like it, do the following:

1. Hang up the phone.
2. If the individual leaves you a call-back phone number, do not call it. Look online or call directory assistance for an official phone number of the state or federal agency.
3. Never provide any bank account or other personal or financial information to a person or company that you don't know.
4. Do not wire money to a person or company you don't know.

The IRS is requesting those that receive the call to report it to the Treasury Inspector General at (800) 366 4484 or www.tigta.gov

REMEMBER

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

The Government will not and does not call for this or any other personal information

Senior Center Senior Dining

Who may participate in the meal program sponsored?

Anyone 60 years of age or older or handicapped.

Do I need to make a reservation?

Yes, at least 24 hours in advance and preferably the Friday before the following week, check local meal site for time.

Must I pay for the meal if I am sick?

No! Please call your meal site in the morning if you have a reservation so the manager can call persons on the waiting list. You do not pay for a meal you do not eat.

How much must I pay for the meal?

The suggested donation is \$3.00. Participants are requested to donate whatever they can toward the cost of the meal.

How much does the meal cost

The actual cost of the meal is **\$4.78**

Where does the money come from to pay for the meal?

EBCAP is the Grantee for the East Bay and Newport County areas for nutrition funds from the Department of Elderly Affairs.

What is the donation used for

Donations are used to increase the number of meals served, to facilitate access to the meals and provide other supportive services directly to nutrition services.

If my son or daughter wants to be my guest, do they donate \$3.00?

No! They also must pay the full cost of the meal **\$4.78** if under 60 years of age.

If I have any questions, who can I ask?

Each meal site has a manager and/or Senior Center Director in charge of the daily meal program.

Can I take food home if I don't finish my meal?

No, this is not permitted at all!

This is for your safety that no food leaves the meal site. A bacterium sets in food very quickly if not maintained at an appropriate temperature and stored in a proper container.

Remember, food does not have to TASTE bad, to be bad.



In Our Lobby

10:30am

Chestnut Terrace

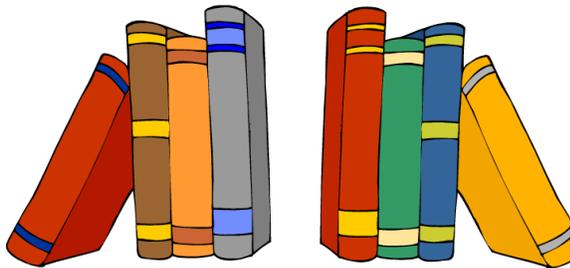
October 6th

Stop by and see Jennye Durante at Chestnut Terrace to discuss how you can book your rehab room in advance if you are having a upcoming surgery and need to be in an inpatient rehab prior to discharge in home.

Home Instead Senior Care

October 20th

“Join Jen with Home Instead Senior Care as she discusses the fascinating history of chocolate! You will sample various delicious varieties of dark chocolate while learning the many health benefits associated with this delectable treat! This is a fun, lively and interactive presentation that will satisfy your sweet tooth and increase your knowledge of one of America’s favorite ‘superfoods!’ “



Book Sale

In our Library

Monday, October 5th
Thru
Friday, October 9th

Computer/IPad Assistance

Monday, October 26th
2pm to 4pm

On the last Monday of every month, students from MTTI career training school will assist any member with computer questions. The students try to resolve your computer problems, and help you with a computer course you may be taking.

Unwanted & unused prescription drugs

It is easier than ever to safely dispose of unwanted and/or unused prescription medications.

There is a 24 hours a day, 7 days a week, permanent drop box available in the lobby of the East Providence Police station where you can drop off unused and unwanted prescription drugs/patches/medications/ointments/vitamins/ samples/pet medications.

DVD Collection

Our extensive collection has been moved to the library where the DVD's can be borrowed.

It's never too late to learn.

Proverb

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Reservations Or	CALL 435-7800 Ext 2	1 Beef Vegetable Soup Roast Turkey w/Gravy Mashed Potatoes Sliced Carrots Brownie Marble Bread (<i>Tuna on Marble Bread</i>)	2 Onion Soup w/Crouton Veal Parmesan Seasoned Shells Italian Vegetables Lemon Pudding Sliced Italian Bread (<i>Egg Salad on Italian</i>)
5 Chicken Noodle Soup Liver & Onions w/Gravy Baked Potato Capri Blend Vegetables Sliced Peaches Rye Bread (<i>Chicken Salad on Rye</i>)	6 Juice Beef Stroganoff Buttered Noodles Scandinavian Blend Vegetables Shortbread Cookie Snowflake Roll (<i>Salmon Salad on a Roll</i>)	7 Tomato & Rice Soup Chicken Cordon Bleu w/Gravy Red Bliss Mashed Potatoes Broccoli Cuts Spumoni Ice Cream Wheat Bread (<i>Meatloaf w/Ketchup on Wheat</i>)	8 White Chowder Antipasto Salad Lettuce with assortment of Meats and cheese Tapioca Pudding, Multi-Grain Bread (<i>Pastrami & Swiss on Multi-Grain</i>) with side salad)	9 Pasta & Bean Soup Meatball Sub on Grinder Roll Tomato & Cucumber Salad Fresh Fruit (<i>Italian Grinder</i>)
12 CLOSED COLUMBUS DAY	13 Venus Di Milo Soup Chicken Cacciatore Oven Roasted Potatoes Winter Blend Vegetables Pudding, Oatmeal Bread (<i>Tuna on Oatmeal</i>)	14 Lemonade Low Sodium Hot Dog on a Roll w/condiments Baked Beans Asparagus, Sliced Pears (<i>Hamburger on a Roll w/Condiments</i>)	15 HAPPY BIRTHDAY Chicken Soup w/Anci de Pepe American Chop Suey Elbow Pasta Brussel Sprouts Frosted Cupcake, Roll (<i>Turkey & Cheese on a Croissant</i>)	16 Red Chowder Country Crisp Fish w/Tartar Sauce Wild Rice Cole Slaw, Hoodsie Cup Wheat Hamburg Roll (<i>Chicken Salad on Wheat Roll</i>)
19 BRUNCH <i>OJ</i> Scrambled Eggs/Sliced Tom Crispy Cubes Home Fries 2 Sausage Links Fresh Fruit cup	20 Vegetable Soup0 Fried Steak w/Country Gravy Mashed Potatoes Green beans Fruit Cocktail, Multi-Grain Bread (<i>Fresh Tomato & Mozzarella on Multi- Grain Bread</i>)	21 Chicken Escarole Soup Baked Ham w /Glaze Rice Pilaf Carrot & Raisin Slaw Fresh Fruit, Wheat Bread (<i>Chicken Loaf on Wheat</i>)	22 Lentil Soup Stuffed Pork Chop w/Applesauce Ratatouille (baked diced eggplant & tomatoes) Mandarin Oranges, Rye Bread (<i>Shrimp Salad on Rye</i>)	23 Minestrone Soup Grilled Chicken Caesar Salad (romaine/croutons & grated parmesan cheese) Coffee Cake, Pumpermickel Bread (<i>Corned Beef & Swiss on Pumpermickel w/small salad</i>)
26 Potato and Leek Soup Stuffed Cabbage with sauce Seasoned Spinach Garlic Bread Vanilla Pudding (Bologna & Cheese w/must on Multi Grain)	27 Kale & Bean Soup Italian Sausage on a Roll w/Peppers & Onions Steamed Zucchini Sports Bar (<i>Chicken Sausage on a Roll</i>)	28 Clear Chowder Crab Cake w/ Tartar Sauce Potato Log 3 Bean Salad Chocolate Chip Cookie Croissant (<i>Chicken Salad on a Croissant</i>)	29 Beef Barley Soup Stuffed Chicken w/Gravy Rice Pilaf California Blend Vegetables Fresh Fruit Wheat Bread (<i>Italian Tuna on Wheat</i>)	30 Goblin's Chicken Soup Raven's Beef, Mushrooms, Pearl Onions in Wine Sauce Biscuit, Witch's Mixed Vegetables Pumpkin Patch Butterscotch Pudding (<i>Scary Seartfood Salad</i>)