East Providence Senior Activity Center

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

February 2016

2016 Tax Information

EBCAP

January 14th To April 15th
Monday, Tuesday, Wednesday
Senior Center Annex
(Information on Page 12)

AARP

Monday's
February 1st to April 11th
Senior Center
(Information on Page 12)

Attracting adults to childhood pastime

Information on page 7

"May all your troubles last as long as your New Year's resolutions"
Joey Adams

Senior Services

401.435.7800

Robert Rock
Director Ext. 5

Maureen Carroll
Admin. Assistant Ext. 4

Ellen Frazier
Resource Specialist Ext. 3

Mary Jane Milner, RN
Health Office Ext. 7

Sue Doyle
Dining Room Ext. 2

Health Office Ext. 6

Nutritionist Ext. 1

Jose Pinheiro
Facility Manager

Pat Thomas
Receptionist

Connie Caetano
Administration Volunteer

Ed Daft **Steve Checrallah**
Dick Wood **Lee Wilber**
Transportation

A Unit of The National Council on the Aging
NISC
ACCREDITED BY
NATIONAL INSTITUTE OF SENIOR CENTERS

HIGHLIGHTS

Monday, Feb. 1st	9:00am
Tax Preparations	**9:00am**
Tuesday, Feb. 2nd	
Wellness Screenings	**9:00am**
Wednesday, Feb. 3rd	
Clinical Lab	**8:30am**
Stroke Club	**1:30pm**
Friday, Feb. 5th	
Blood Pressures	**10:30am**
Monday, Feb. 8th	
Tax Preparations	**9:00am**
Caregivers Support	**10:30am**
Tuesday, Feb. 9th	
Oral Screening	**9:30am**
Country Gardens	**10:30am**
Wednesday, Feb. 10th	
Blood Pressures	**10:30am**
Monday, Feb. 15th	
CLOSED PRESIDENTS DAY	
Tuesday, Feb. 16th	
Chestnut Terrace	**10:30am**
Thursday, Feb. 18th	
Retired Teachers	**9:00am**
Blood Pressures	**10:30am**
AARP Board Meeting	**1:00pm**
Red Hatters	**1:30pm**
Friday, Feb. 19th	
In-Sight Support Group	**12:45pm**
Monday, Feb. 22nd	
Tax Preparations	**9:00am**
Diabetes Ed	**9:30am**
Tuesday, Feb. 23rd	
Blood Pressures	**10:30am**
Wednesday, Feb. 24th	
RSVP Board Meeting	**1:00pm**
Thursday, Feb. 25th	
Diabetes Support	**1:00pm**
Monday, Feb. 29th	
Tax Preparations	**9:00am**
Diabetes Ed	**9:30am**
Computer Assistance	**2:00pm**

Thank You

To the families of

David DeAndrade

and

Tony Pacheco

For remembering the senior center during their time of mourning. Both David and Tony were long time cherished members of the center and they will be truly missed.

Rest in peace Friends

Senator Daniel DaPonte

For sponsoring a Legislative Grant this year. Senator DaPonte has always been a strong advocate on senior issues and our center. The grant supplements our yearly budget.

Access Healthcare

For your generous donation

Founded in 1998, Access Healthcare, Inc. takes pride in being known as one of Rhode Island's leading homecare agencies. Access Healthcare offers the most unique array of homecare services in the Rhode Island area. Their knowledgeable and caring staff are available 24 hours a day and their Homecare Specialists will design a service package *"just for you"*.

Support Groups

Stroke Club

Wednesday, Feb. 3rd
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

Monday, Feb. 8th
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.

In-Sight Support

Feb. 19th
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.

Diabetes Support

Thursday, Feb. 25th
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.

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 100 seniors per day. The Cranston Senior Center provides the meals. See menu on back cover.

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 door-to-door transportation to and from the center.

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 the seniors. Small items from candy and greeting cards to jewelry, Boyd's Bears, handmade items and crafts.

Weekly/Monthly Programs

Monday

9:00am	Tax Preparation	(Feb. & March
9:00am	Intermediate Yoga	
10:30am	Beginners Yoga	
10:30am	Caregivers Support Group	(3rd Monday)
1:00pm	Pokeno	
2:00pm	Ballroom Dancing	
6:00pm	Fit Mix	

Tuesday

9:30am	Aerobics Exercise
9:30am	Watercolor Class
11:00am	Tai Chi
12:30pm	Watercolor Class
1:25pm	BINGO

Wednesday

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

Thursday

9:30am	Aerobics Exercise	
12:30pm	Bridge	
1:00pm	Craft Class	
1:00pm	Diabetes Support Group	(4th Thursday)

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 Friday)
1:20pm	Hi Lo Jack League	

Daily

8am-4pm	Fitness Center
9am-3pm	Library
8am-4pm	Computer Games
9am-11am	Coffee An
11:45am	Lunch
2:00pm	Coffee Hour

Computer/IPad Assistance

Monday, Feb. 29th

2pm to 4pm

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

Library

9am—3pm Daily

The library is a warm and lovely place for people to choose a good book and read in a nice quiet area. We have current magazines for your enjoyment along with a great assortment of movie DVD's in the library.

Book/DVD Sale

All books, puzzles and DVD's are donated by members and the community at large. Proceeds are used to purchase new books for our library. All books and puzzles are 25 cents each.

DVD's are $1.00, 6 for $5.00.

"Maybe it's true that life begins at fifty. But everything else starts to wear out, fall out, or spread out."

Phyllis Diller

Seniors Feeling Better Through Movement

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.

Meditation for You

Friday 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.

Card Games

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

Ballroom Dancing

Monday 2pm $3

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

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.

Yoga and Blended Yoga $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

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.

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 Free

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

HEALTH and WELLNESS

Is always our concern

Women and Infants Hospital

Health Screenings

Tuesday, Feb. 2nd

9-11:00am

Family Van Program is a community outreach program dedicated to preventative health screenings and health education. The screenings will consist of total cholesterol, blood sugar, and blood pressures. The free screenings are completely confidential and held in the Health Office..

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Clinical Lab

Wednesday, Feb. 3rd @ 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.

East Side Clinical Laboratory is a full service laboratory with state of the art equipment, information systems and a variety of reporting options. Testing is completed in the most expeditious time frame possible and results delivered to our clients in an efficient and timely manner.

East Side Clinical Laboratory's mission is to maintain the highest standards of quality while providing our clients with unsurpassed personalized service.

> "It's paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone."
> **Andy Rooney**

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!

Please contact the center's health office at 435-7800, Ext. 7 with any questions and to register.

Class size is limited. Pre-registration is required.

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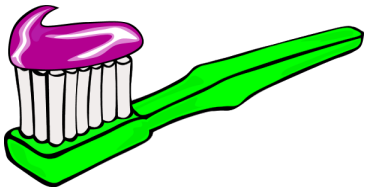
Dieticians

Ann Marie Sabula and Mary Proietta, Registered Dieticians 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



FREE

Oral Health Screening

FEBRUARY 9, 2016

9:30—Noon

- Interested in taking care of your teeth and gums?
- Help us meet your needs
- Participate in Rhode Island Department of Health's Oral Health Screening
- Participants will receive free dental products
- Free oral exam by dental hygienist

Sign up in Health Office

Blood Pressure Clinics

10:30—11:30am

Friday, Feb. 5th
Sponsored by **Orchard View Manor**
Wednesday, Feb. 10th
Sponsored by **Waterview Villa**
Thursday, Feb. 18th
Sponsored by **Evergreen House**
Tuesday, Feb. 23rd
Sponsored by **Hattie Ide Chaffee**

Attracting adults to childhood pastime

Adult Coloring Club

Coloring is just for kids, right? Not anymore.

Recently, adults across the country have picked up coloring books as a way to relax and unwind.

The health benefits go beyond relaxation, and include exercising fine motor skills and training the brain to focus.

The fact that coloring is structured activates the logic part of the brain, and generates a creative mindset, said New York-based clinical psychologist Dr. Ben Michaelis.

The trend has spread nationwide as adult coloring books are popping up on bestseller lists, and major publishers are producing the books in droves, with titles like The Mindfulness Coloring Book, Splendid Cities, The Time Garden, and Color Me Calm.

Join us for adult coloring, the new craze which helps adults relax, de-stress and go back to that carefree feeling of not having a care in the world.

If you would be interested in participating in adult coloring at the center, sign up in the Administration Office.

Date and time will be determined on participants availability.

Senior Happenings Calendar

	Monday	Tuesday	Wednesd
	1 9:00 Yoga Class **9:00 Tax Preparation** 10:30 Beginner's Yoga 1:00 Pokeno 2:00 Ballroom Dance 6:00 Fit Mix	**2** **9:00 W&I Wellness Screenings** 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	**3** 7:00 Yoga **8:30 Clinical La** 9:00 Blended Yo 10:00 Scrabble 10:45 Chair Exer 1:00 Cribbage **1:30 Stroke Clu**
	8 9:00 Yoga Class **9:00 Tax Preparation** 10:30 Beginner's Yoga **10:30 Caregivers Support** 1:00 Pokeno 2:00 Ballroom Dance 6:00 Fit Mix	**9** 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling **9:30 Oral Screenings** **10:30 Country Gardens** 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	**10** 7:00 Yoga 9:00 Blended Y 10:00 Scrabble **10:30 Waterview Blood Pres** 10:45 Chair Exer 1:00 Cribbage
	15 **President's Day**	**16** 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	**17** 7:00 Yoga 9:00 Blended Y 10:00 Scrabble 10:45 Chair Exer 1:00 Cribbage
	22 9:00 Yoga Class **9:30 Diabetes Ed** **9:00 Tax Preparation** 10:30 Beginners Yoga 1:00 Pokeno 2:00 Ballroom Dance 6:00 Fit Mix	**23** 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling **10:30 Hattie Ide Blood Pressures** 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	**24** 7:00 Yoga 9:00 Blended Y 10:00 Scrabble 10:45 Chair Exer 1:00 Cribbage **1:00 RSVP Boa**
	29 9:00 Yoga Class **9:00 Tax Preparation** **9:30 Diabetes Ed** 10:30 Beginners Yoga 1:00 Pokeno 2:00 Ballroom Dance **2:00 Computer Assistance** 6:00 Fit Mix		

DAY	THURSDAY	FRIDAY	
ab oga rcise **ub**	**4** 9:30 Aerobic Exercise 12:30 Bridge 1:00 Craft Group 	**5** 10:00 Scrabble 10:30 **Orchard View Blood Pressures** **10:30 Fitness Advisor** 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack	
oga **w** **ssures** rcise	**11** 9:30 Aerobic Exercise 12:30 Bridge 1:00 Craft Group 	**12** 10:00 Scrabble **10:30 Fitness Advisor** 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack	
oga rcise 	**18** 9:30 Aerobics **10:30 Evergreen Blood Pressures** 12:30 Bridge 1:00 Craft Group **1:00 AARP Board** **1:30 Red Hats**	**19** 10:00 Scrabble **10:30 Fitness Advisor** 10:45 Chair Exercise 11:00 Meditation 12:45 In-Sight 1:20 Hi Lo Jack	
oga rcise **ard**	**25** 9:30 Aerobic Exercise **9:30 Advisory Board** 12:30 Bridge 1:00 Craft Group **1:00 Diabetes Support**	**26** 10:00 Scrabble **10:30 Fitness Advisor** 10:45 Chair Exercise 11:00 Meditation 11:20 Hi Lo Jack	

Ads

Country Gardens Health & Rehabilitation Center

Tuesday, February 9th

10:30

The center provides a full range of skilled nursing services. Our comprehensive programs meet the changing needs of both our short-term patients recovering from surgery or an acute illness, as well as the needs of our long-term residents.

Chestnut Terrace Nursing & Rehab

Tuesday, February 16th

10:30

In our Lobby

Chestnut Terrace Nursing and Rehab recognizes national cardio rehab week. Please stop by to visit Jennye to learn more about importance of various rehab and be automatically entered to win a Stop and Shop gift card.

The Crescent Park Carousel Gift Shop has moved to Breed Hall, which is next to the Senior Center! They're open weekdays Monday through Friday from 10am-3pm. If you prefer to stay warm in the comfort of your home, you can browse their wonderful selection of gift items online at www.crescentparkcarousel.org

Senior Center Advisory Board

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

Membership Dues

$15 for residents $20 non-residents

Fitness Room Dues

Single $40 residents $45 non-residents

Couples $70 residents $80 non-residents

Dining Room

YOU MUST ORDER AT LEAST ONE DAY IN ADVANCE FOR MEALS

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

For reservations or cancellations

Please call 435-7800 Ext 2

Deadline for reservations

is 11am the day before.

The monthly meal schedule is on the last page of our newsletter. Everyone has ample opportunity to reserve a meal. You will only be served without reservation if there is a cancellation.

It is also important to cancel a meal if you are unable to attend.

This policy is strictly enforced.

"Do not deprive me of my age. I have earned it."

May Sarton

2016
Tax Information

EBCAP

January 14th To April 15th

Monday's 9am to 6pm

Tuesday's 9am to 2pm

Wednesday's 9am to 2pm

Breed Hall

"Next to the Senior Center"

Appointments Only

602.2115 or 680.3375

Tax Clinic is by appointment only and clients must meet income eligibility requirements of gross Income under $60,000. Clients cannot own rental property from which they derive income.

They must bring the following to the appointment: a government issued picture ID, e.g. Driver's License; Social Security Cards for themselves, spouse and all dependents; documentation for all income and expenses; Form 1095 for Health Insurance Coverage and their prior year return, especially important if they own their own home. For RI property tax credit, seniors and taxpayers with disabilities, will need rent receipts for previous three months and name and address for their landlord.

AARP

tax-aide program

Monday's

February 1st to April 11th

Senior Center Seminar Room

9am to Noon

First come first serve

Free tax preparation service for taxpayers with low and middle income with special attention given to those age 60 and older. Please bring your social security card, pictured ID and last year's tax return. Also bring all documents you had relating to any income you had during 2015.

AARP

AARP East Providence Chapter #13 is looking for new members from our local community and from surrounding East Bay towns. Our Chapter is one of the most active in Rhode Island and local Massachusetts. If you are 50+ and would like to meet new people, support local charities such as Boys & Girls Clubs, Community Food Banks, and our Troops overseas, and have fun besides, please call Ken Gagner at 401-437-2289 or email kagagner@yahoo.com for more information.

"It is lovely to meet an old person whose face is deeply lined,
a face that has been deeply inhabited,
to look in the eyes and find light there."
John O'Donohue,

Special Days in February

Groundhog Day
February 2nd

Groundhog Day is a traditional holiday celebrated on February 2nd. According to folklore, if it is cloudy when a groundhog emerges from its burrow on this day, then spring will come early; if it is sunny, the groundhog will supposedly see its shadow and retreat back into its burrow, and the winter weather will persist for six more weeks. The largest Groundhog Day celebration is held in Punxsutawney, Pennsylvania, with Punxsutawney Phil. Groundhog Day, already a widely recognized and popular tradition, received widespread attention as a result of the 1993 film *Groundhog Day*.

Valentine's Day
February 14th

Valentine's Day, also known as **Saint Valentine's Day** or the **Feast of Saint Valentine**, is a celebration observed on February 14 each year. It is celebrated in many countries around the world, although it is not a public holiday in most of them. The day was first associated with romantic love in the circle of Geoffrey Chaucer in the High Middle Ages, when the tradition of courtly love flourished. In 18th-century England, it evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering confectionery, and sending greeting cards.

Presidents' Day
February 15th

Presidents' Day is an American holiday celebrated on the third Monday in February. Originally established in 1885 in recognition of President George Washington, it is still officially called "Washington's Birthday" by the federal government. Traditionally celebrated on February 22—Washington's actual day of birth—the holiday became popularly known as Presidents' Day after it was moved as part of 1971's Uniform Monday Holiday Act, an attempt to create more three-day weekends for the nation's workers. While several states still have individual holidays honoring the birthdays of Washington, Abraham Lincoln and other figures, Presidents' Day is now popularly viewed as a day to celebrate all U.S. presidents past and present.

Different Crimes, Same Advice

The Tale of the Psychic

Psychic Scams can rob you of your money and your emotional well-being. These fraudsters have no special psychic ability and are just out to make a quick buck—your buck. They promise to remove a bad luck curse, bring you great fortune in your future, or help you find your soul mate.

The scammers are good at telling people exactly what they want to hear. But victims who fall for these scams not only throw their money away, they are taken on an emotional roller coaster ride that requires more and more money to get to their promised goal. And they never get there.

Con artists scam millions of people every year and can seriously affect the lives of victims and their families. Postal Inspectors want to increase the awareness of all Americans, especially older Americans and their caregivers about the dangers of psychic schemes. You can help by learning to recognize fraudulent offers before they cause harm to you and your loved ones.

You may be a target, but you can choose not to be a victim.

Fraud is one of the few crimes in which victims can decline to participate—if they recognize the warning signs. That's why the U.S. Postal Inspection Service regards consumer education as one of its top weapons in fighting fraudsters. Postal Inspectors across the country help consumers with understanding how they can avoid becoming a victim of scams including, illegal contest and sweepstakes schemes, billing scams, identity theft, and fraudulent investment "opportunities,"—to name a few. And there are also work-at-home schemes, rebate fraud, foreign lottery fraud—all through the mail. If there's illegal money to be made in connection with operating a mail fraud, you can bet a scam artist is doing it.

Today, many consumers' receive their purchases by mail. Since older citizens are particularly vulnerable, it makes them easy prey for mail fraud operators. To make matters worse, these operators sell their ill-gotten target-marketing lists to other criminals, resulting in the repeated victimization of many elderly citizens.

What is mail fraud?

Mail Fraud is a scheme to get money or something of value from you, by offering a product, service, or investment opportunity that does not live up to claims. Prosecutors must prove the claims were intentionally misrepresented and that the mail was used to carry out the scheme. Although most mail order companies are honest and stand behind their products and services, there are criminals who give direct mail advertisers a bad name. They cheat people by peddling worthless products, medical quackery, and get-rich-quick schemes. Some fly-by-night fraudsters take your money and send you nothing. Unscrupulous businesses don't mind taking advantage of unwary customers.

The scams are varied and plentiful. But you don't need to learn every variation of a scheme to help avoid becoming a victim. There's a common set of prevention measures that you can take to help you avoid a scam.

- **Never rush into accepting an offer.** While high-pressure tactics are used by even the most honest of salespersons, their use of these tactics should raise a red flag. Often imposing deadlines is a tactic designed to prevent you from seeking advice, or conducting research that could lead you to a different conclusion. If you're feeling pressured, hang-up or walk away. Ask the promoter for a call back number, or ask for the offer in writing. Honest businesses will allow customers time to consider their offer.

- **Get offers, terms and guarantees in writing.** If you're uneasy about a sales pitch from a telemarketer or other salesperson, ask for it in writing. You should also keep a record of it, including all mail and the envelopes. Not all deals start out as fraud. Sometimes, even legitimate offers turn sour. Honest people become desperate when they're unable to uphold their part of the deal, and resort to fraudulent practices to buy time, cover up their mistakes, or hide their misdeeds. Protect yourself! Certain contracts must be in writing by law, but you should consider getting any contracts or agreements in writing, to help avoid misunderstandings, and protect your legal remedies.

- **Safeguard your personal information.** When you choose to share your identifiers—such as your birth date, drivers license number, Social Security Number, passport, place of birth or residence, familial relationships, and work history, and this information winds up in the wrong hands it can be used to compromise your identity. Armed with this information, criminals may open new credit or financial accounts, buy cars, apply for loans or tax refunds, rent an apartment or even purchase a home. Special precaution should be taken when you choose to share your credit card information. Consider whether there is a legitimate reason for you to share this information with those requesting it. Various payment technologies exist—virtual or one use card numbers and payment services that may minimize the risk of sharing your information.

- **Manage your virtual identity.** Today, more than ever, we share vast amounts of information in the public domain. Through various forms of social media, we make available our family relationships, employment and education histories, social affiliations and friendships, and plans. Our lives are on display for many individuals to view at leisure. Managed sensibly, these social networks can help us build our relationships, bridge distances, and even advance our careers. In the hands of a criminal, however, this information provides a comprehensive profile of who we are—our professional and personal lives, as well as our schedules. Given this information, scammers effectively target us—using common interests.

And Always remember the old saying—if it sounds too good to be true, it probably is!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Vegetable Chowder **Kielbasa w/Mustard** Boiled Potatoes Cabbage Carrot Blend Multi Grain Bread Chocolate Pudding *(Grilled Chicken w/Lettuce)*	**2** Chicken Soup w/Egg Barley **Salisbury Steak w/Gravy** Wild Rice Blend Vegetables Hoodie Cup, Rye Bread *(Italian Tuna on Rye)*	**3** Venus de Milo Soup **Chicken Breast w/Gravy** Baked Potato w/Sour Cream Broccoli Cuts Oatmeal Cookie Dinner Roll *(Pulled Pork on a Roll)*	**4** Tomato & Rice Soup **French Meat Pie w/Ketchup** Brussel Sprouts Wheat Bread Diced Peaches *(Salmon Salad on Wheat)*	**5** <u>BRUNCH</u> Orange Juice **Ham Slice** French Toast Sticks w/Syrup Hard Boiled Egg Slices Fresh Fruit Cup
8 Egg Drop Soup **Chicken Chow Mein** Crunchy Noodles Asian Blend Vegetables Hamburger Bun *(Hamburger on a Bun w/Condiments)*	**9** Vegetable Soup **American Chop Suey** Elbow Noodles Mixed Vegetables White Bread Fruited Jell-O *(Honey Ham/Cheese on White)*	**10** Corn Chowder **Country Crisp Fish w/Tartar Sauce** RI Grown Carrot Slaw Mashed Potato Chocolate Chip Cookies Wheat Bread *(Egg Salad on Wheat)*	**11** Barley Soup **Roast Pork Loin w/Gravy** Oven Roasted Potatoes California Blend Vegetables Rye Bread Fresh Fruit *(Tuna on Rye)*	**12** <u>Valentines Day</u> Pasta & Bean Soup Baked Fish w/Crumb Topping Rice Pilaf Green Beans Coffee Cake Marble Bread *(Chicken Salad on Marble)*
15 <u>CLOSED</u> <u>Presidents' Day</u>	**16** Pea Soup **Baked Ham w/Glaze** Sweet Potatoes Winter Blend Vegetables Lemon Pudding Rye Bread *(Pastrami & Swiss on Rye)*	**17** Chicken Soup **Meatball Grinder** Garden Salad w/Dressing Garlic Bread Diced Pears *(Turkey on Wheat w/Salad)*	**18** <u>Happy Birthday</u> Tomato Soup **Roasted Chicken Quarter** Seasoned Pasta, Wax Beans Pumpernickel Bread, Cupcake *(Ham Salad on Pumpernickel)*	**19** Italian Wedding Soup **Pot Roast w/Gravy** Oven Roasted Potatoes Zucchini & Summer Squash Dinner Roll Strawberry Shortcake w/Cream *(Tuna Salad on a Roll)*
22 Apple Juice **Beef Stew w/Potato w/Vegetables** Cole Slaw, Lorna Doone Buttermilk Biscuit *(Hot Dog on a Bun w/Condiments)*	**23** Onion Soup w/Croutons **Grilled Chicken** Corkscrew Pasta Primavera Side Salad w/Dressing Garlic Bread Diced Pears *(Turkey on Wheat w/Salad)*	**24** Potato Leek Soup **Oven Roasted Turkey** Stuffing w/Gravy Normandy Blend Vegetables Pumpernickel Bread Sherbet, *(Corned Beef on Pumpernickel)*	**25** Venus de Milo Soup **Swedish Meatballs** Buttered Noodles RI Grown Sliced Carrots Multi Grain Bread Chocolate Pudding *(Tuna Salad on Multi Grain)*	**26** Red Chowder w/Crackers **Seafood Casserole** Mashed Potatoes Broccoli Cuts Fresh Fruit Rye Bread *(Italian Grinder)*
29 Chicken Escarole Soup **Liver & Onions** Mashed Potatoes Asparagus Cuts Jimmy Roll Rye Bread *(Ham/Swiss on Rye)*	**Reservations Or Cancellations**	**Please Call 435-7800 Ext. 2**	*Funded in Part by the US Administration on Aging and the Rhode Island Division of Elderly Affairs*	*All menu items may contain Nuts, seeds, beans, wheat bran, and other allergens*