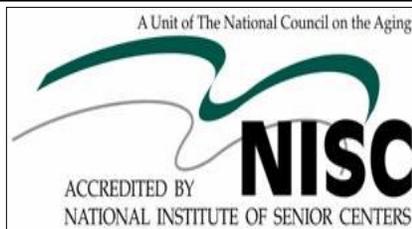


EP Senior

Activity Center

June 2016



*610 Waterman Avenue
East Providence, RI 02914
401.435.7800
Dining Room 401-435-7800 Ext. 2
www.eastprovidence.com*

Emergency Preparedness Seminar

Thursday, June 23rd
11am

This is a 20 minute presentation

The purpose is to learn how to protect yourself and cope with disaster by planning ahead.
Even if you have physical limitations you can still protect and prepare yourself.

Make a kit
Make a plan
Stay informed

Vendors from

National Grid
United Way

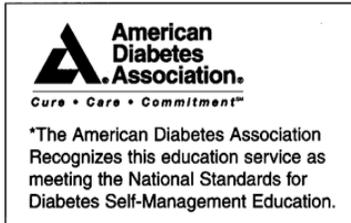
Red Cross
RI 211

Will be on hand to give participants items of interest

HEALTH WATCH

Diabetes Outpatient Education

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. 6 with any questions and to register.



Class size is limited. Pre-registration is required.

Dieticians

Registered Dieticians, Ann Marie Sabula and Mary Proietta are available for appointments in the health office. They will counsel you, in private about your personal 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.

Clinical Lab

Wednesday, June 1st 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.

Women and Infants Hospital

Tuesday, June 7th 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 screenings are free of charge and completely confidential.

Blood Pressure Clinics

10:30am

Friday, June 3rd

Sponsored by **Orchard View Manor**

Wednesday, June 8th

Sponsored by **Waterview Villa**

Thursday, June 16th

Sponsored by **Evergreen House**

Monday, June 20th

Sponsored by **Country Gardens Nursing Rehab**

Tuesday, June 28th

Sponsored by **Hattie Ide Chaffee**



Several of our Mondays Walking Club

Celebrate National Men's Health Week

June 13-19th

GET GOOD SLEEP

Adults need between 7-9 hours of sleep. Insufficient sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity, and depression. Also, poor sleep is responsible for motor vehicle and machinery-related accidents.

Are you getting enough sleep?

Sleep is important for people of all ages to stay in good health. Read more to learn how much sleep your body needs.

How you feel and perform during the day is related to how much sleep you get the night before. If sleepiness interferes with your daily activities, more sleep each night will improve the quality of your waking hours. Yet many adults report experiencing a sleeping problem one or more nights a week.

Insufficient sleep is associated with a number of chronic diseases and conditions—such as diabetes, cardiovascular disease, obesity, and depression—which threaten our nation's health. Not getting enough sleep is associated with the onset of these diseases and also may complicate their management and outcome.

Sufficient sleep is increasingly being recognized as an essential aspect of chronic disease prevention and health promotion. How much sleep is enough? Sleep needs vary from person to person and change as people age.

Consider these sleep guidelines for different age groups.

MOVE MORE

Adults need at least 2½ hours of moderate-intensity aerobic activity every week, and muscle strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) on two or more days a week. You don't have to do it all at once. Spread your activity out during the week, and break it into smaller amounts of time during the day.

EAT HEALTHY

Eat a variety of fruits and vegetables every day. Fruits and vegetables have many vitamins and minerals that may help protect you from chronic diseases. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol.

EAT LESS SALT - WHAT YOU CAN DO

TAME STRESS

Sometimes stress can be good. However, it can be harmful when it is severe enough to make you feel overwhelmed and out of control. Take care of yourself. Avoid drugs and alcohol. Find support. Connect socially. Stay active.

STAY ON TOP OF YOUR GAME

See your doctor or nurse for checkups. Certain diseases and conditions may not have symptoms, so checkups help identify issues early or before they can become a problem.

Pay attention to signs and symptoms such as chest pain, shortness of breath, excessive thirst, and problems with urination. If you have these or symptoms of any kind, be sure to see your doctor or nurse. Don't wait!

Keep track of your numbers for blood pressure, blood glucose, cholesterol, body mass index (BMI), or any others you may have. If your numbers are high or low, your doctor or nurse can explain what they mean and suggest how you can get them to a healthier range. Be sure to ask him or her what tests you need and how often you need them.

Get vaccinated. Everyone needs immunizations to stay healthy, no matter how old you are. Even if you had vaccines as a child, immunity can fade with time. Vaccine recommendations are based on a variety of factors, including age, overall health, and your medical history.

New Look Gift Shop

Over the next couple of weeks you will notice a change in our gift shop. Please provide staff with feedback regarding items you would like to see available for purchase.

Please stop by the Administration Office with any and all suggestions.



TOWNIE Road Runners



July 14th Newport Playhouse \$65.00pp includes: Their Super Buffet, Play -“ Whole Lot of Cheatin Goin On”, the Cabaret and Motor coach Transportation.

Aug. 9 th Log Cabin \$75.00pp to include: Lobster Feast “Ticket To Ride” Beatles Tribute performance, Hors d’oeuvre Welcome Tray, Award-winning Clam Chowder, BBQ Ribs and Chicken, Corn, Baked Potato, Strawberry Ice Cream Sunday, New England Boiled Lobster, Rolls/Butter, Coffee/Tea, Complimentary Glass of Wine and Motorcoach Transportation.

Sept. 24th Scallop Festival- \$71.00pp to include: Scallop or Chicken Dinner, Cruise in Hyannis Harbor, Entertainment and Motor coach Transportation. Festival is now in Falmouth, MA and mostly indoors.

Nov. 28-30th Indian Head- \$305.00pp Dbl. Occ. To include: 2 Nights Accommodation, 1 Luncheon, 2 Breakfasts, 2 Dinners, Welcome Reception, Christmas Party w/Santa, Entertainment/Dancing and Motor coach Transportation. \$300.00 Triple \$354.00 Single

Sign up at the East Providence Senior Center in the office or call (401) 435-7800
Or call Eleanor Monteiro (401) 434-8194

June Features

Wednesday, June 1st	Clinical Lab	8:30am
	Stroke Club	1:30pm
Thursday, June 2nd	Diabetes Ed Class	9:30am
	SNAP Ed	11:00am
Friday, June 3rd	Blood Pressure Clinic	10:30am
Tuesday, June 7th	Health Screening	9:00am
Wednesday, June 8th	Blood Pressure Clinic	10:30am
Thursday, June 9th	Diabetes Ed Class	9:30am
Tuesday, June 14th	Financial Information	10:30am
Thursday, June 16th	Diabetes Ed Class	9:30am
	Blood Pressure Clinic	10:30am
	AARP Board Meeting	1:00pm
	Red Hatters	1:30pm
Friday, June 17th	INSight	12:45pm
Monday, June 20th	Caregiver's Support	10:30am
	Blood Pressure Clinic	10:30am
Tuesday, June 21st	EPOCH Blackstone	10:30am
Thursday, June 23rd	Diabetes Ed Class	9:30am
	Emergency Preparedness	11:00am
	Diabetes Support	1:00pm
Monday, June 27th	Computer Assistance	2:00pm
Tuesday, June 28th	Blood Pressure Clinic	10:30am
Thursday, June 30th	Advisory Board	9:30am



**Officially
begins
June 20th**

WE SERVE

OUR MISSION

“IS TO ASSIST, INFORM
AND ENRICH THE LIVES OF
ALL PERSONS
55 YEARS OF AGE AND OLDER
OR DISABLED PERSONS
IN THE
EAST PROVIDENCE AREA”

Staff

Robert Rock, Director Ext. 5
brock@cityofeastprov.com

Maureen Carroll, Admin. Assistant Ext. 4
mcarroll@cityofeastprov.com

Ellen Frazier, Resource Specialist Ext. 3
efrazier@cityofeastprov.com

Mary Jane Milner, RN, CDE, CDOE Ext. 7
mmilner@cityofeastprov.com

Sue Doyle, Dining Room Ext. 2

Dean Kirkwood Facility Manager

Pat Thomas Receptionist

Connie Caetano Administration

Ed Daft Transportation

Steve Checrallah Transportation

Lee Wilber Transportation

Dick Wood Transportation

Advisory Board

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

Senior Center Support Groups

Stroke Club

Wednesday, June 1st
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.

In-Sight Support

Friday, June 17th
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.

Caregiver's Support

Monday, June 20th
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

Thursday, June 23rd
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.

“The best way to cheer yourself up
is to try to cheer somebody else
up”.

Mark Twain

Protecting yourself from the Sun, what are the best things to do?

Sunny, warm weather is here! Who doesn't want to be outside, sunbathing, swimming, on the beach or just barbequing in the backyard? While spring and summer means fun in the sun, make sure you're not getting too much of a good thing. Avoid consequences of overexposure to the sun like sunburns, premature aging of the skin, wrinkling, and skin cancer, including melanoma by practicing proper sun protection. The hours between 10 a.m. and 4 p.m. daylight savings time (9 a.m. to 3 p.m. standard time) are the most hazardous for UV exposure in the continental United States. UV rays are the greatest during the late spring and early summer in North America.

Sunscreen

Use sunscreen with sun protective factor (SPF) 15 or higher, and both **UVA and UVB** protection. Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours, and after you swim or do things that make you sweat. Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

Clothing

Wear clothing to protect exposed skin. Loose-fitting long-sleeved shirts and long pants made from tightly woven fabric offer the best protection from the sun's UV rays. A wet T-shirt offers much less UV protection than a dry one. Darker colors may offer more protection than lighter colors. If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

Hats

Wear a hat with a wide brim to shade the face, head, ears, and neck. For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection. If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen with at least SPF 15, or by staying in the shade.

Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure. Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible. Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard.

Shade

Seek shade, especially during midday hours. You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

Tuesday in our Lobby

WINGATE of BLACKSTONE

June 21st

Jill Khoury, director of sales and marketing at Wingate at Blackstone, will be at the Center on June 21 to speak with seniors about her community. Wingate at Blackstone offers a variety of services including assisted living, respite, skilled nursing, short-term rehab and memory care. Jill would love to meet you!



Final Expense Life Insurance

What to LOOK for
Tuesday, June 14th
Seminar Room
11am

Funding, Planning, Assisting the Family
Funding your funeral and final expenses. Cash Benefit paid within 24 hours of claim approval.

No medical exam to apply. For as little as pennies a day, get up to \$20,000 ready for loved ones to take care of your arrangements. Free membership to the Funeral Consumer Guardian Society, who will assist your family when needed, and save money for them.

What to watch out for. There are different types of final expense insurances, NOT all good.

SENIOR HAPPENINGS CALENDAR

	MONDAY	TUESDAY	WEDNESDAY
			1 7:00 Yoga 8:30 Clinical La 9:00 Blended Yo 9:30 Scrabble 10:00 Adult Color 10:45 Chair Exer 1:00 Cribbage 1:30 Stroke Clu
	6 9:00 Yoga 9:00 Walking Club 10:30 Beginners Yoga 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dance 6:00 Fit Mix	7 9:00 Wellness Screenings 9:30 Painting Class 9:30 Aerobic Exercise 10:45 Wii Bowling 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	8 7:00 Yoga 9:00 Blended Yo 9:30 Scrabble 10:00 Adult Color 10:30 Waterview Villa Blood Pres 10:45 Chair Exer 1:00 Cribbage
	13 9:00 Yoga 9:00 Walking Club 10:30 Beginners Yoga 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dance 6:00 Fit Mix	14 9:30 Painting Class 9:30 Aerobic Exercise 10:30 Financial Seminar 10:45 Wii Bowling 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	15 7:00 Yoga 9:00 Blended Yo 9:30 Scrabble 10:00 Adult Color 10:45 Chair Exer 1:00 Cribbage
	20 9:00 Yoga 9:00 Walking Club 10:30 Beginners Yoga 10:30 Country Gardens Blood Pressures 10:30 Caregivers Support 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dance 6:00 Fit Mix	21 9:30 Aerobic Exercise 9:30 Painting Class 10:30 Wingate at Blackstone 10:45 Wii Bowling 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	22 7:00 Yoga 9:00 Blended Yo 9:30 Scrabble 10:00 Adult Color 10:45 Chair Exer 1:00 RSVP Boar 1:00 Cribbage
	27 9:00 Yoga 9:00 Walking Club 10:30 Beginners Yoga 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dance 2:00 Computer Assistance 6:00 Fit Mix	28 9:30 Aerobic Exercise 9:30 Painting Class 10:30 Hattie Ide Blood Pressures 10:45 Wii Bowling 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	29 7:00 Yoga 9:00 Blended Yo 9:30 Scrabble 10:00 Adult Color 10:45 Chair Exer 1:00 Cribbage

DAY	THURSDAY	FRIDAY	
b ga ring cise b	2 9:30 Aerobic Exercise 9:30 Diabetes Ed 11:00 SNAP ED 12:30 Bridge 1:00 Craft Group	3 8:00 Blended Yoga 9:30 Scrabble 10:30 Orchard View Blood Pressures 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack	
oga ring w ssures rcise	9 9:30 Aerobic Exercise 9:30 Diabetes Ed 12:30 Bridge 1:00 Craft Group 6:00 Yoga	10 8:00 Blended Yoga 9:30 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack	
oga ring cise	16 9:30 Aerobic Exercise 9:30 Diabetes Ed 10:30 Evergreen Blood Pressures 12:30 Bridge 1:00 Craft Group 1:00 AARP Board 1:30 Red Hats 6:00 Yoga	17 8:00 Blended Yoga 9:30 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 12:45 InSight 1:20 Hi Lo Jack	
oga ring cise rd	23 9:30 Aerobic Exercise 9:30 Diabetes Ed 11:00 Emergency Preparedness 12:30 Bridge 1:00 Craft Group 1:00 Diabetes Support 1:20 Hi Lo Jack 6:00 Yoga	24 8:00 Blended Yoga 9:30 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack	
oga ring cise	30 9:30 Advisory Board 9:30 Aerobic Exercise 12:30 Bridge 1:00 Craft Group 6:00 Yoga		

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.

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.

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.

Nutrition Program

The center provides a nutritional meal to approximately 100 seniors per day. The Cranston Senior Center provides the meals.

Transportation

The center has two buses that are used daily for door-to-door transportation to and from the center.

Notary

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

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.

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 Participants

YOU MUST ORDER AT LEAST ONE DAY IN ADVANCE FOR MEALS

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

The monthly meal schedule is always on the last page of our newsletter. Everyone has ample opportunity to reserve a meal in advance. 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 will be strictly enforced because we do not want to waste meals.

"The love of family and the admiration of friends is much more important than wealth and privilege".

Charles Kuralt

Weekly/Monthly Programs

MONDAY

9:00am	Tax Preparation	(Feb. & March)
9:00am	Intermediate Yoga	
9:00am	Walking Club	
10:30am	Beginners Yoga	
10:30am	Caregivers Support Group	(3rd Mon)
12:00pm	Chair Yoga	
1:00pm	Pokeno	
2:00pm	Ballroom Dancing	
6:00pm	Fit Mix	

TUESDAY

9:00am	Bocce Ball	(Weather Permitting)
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 Wed)
9:00am	Walking Club	(May-Oct)
9:00am	Blended Yoga	
10:00am	Scrabble	
10:45am	Chair Exercise	
1:00pm	Cribbage	
1:30pm	Stroke Club	(1st Wed)

THURSDAY

9:30am	Aerobics Exercise	
12:30pm	Bridge	
1:00pm	Craft Class	
1:00pm	Diabetes Support Group	(4th Thurs)
6:00pm	Yoga	

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
9am-11am	Coffee An
11:45am	Lunch
2:00pm	Coffee Hour

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.

Card Games

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



"If it weren't for the fact that the TV set and the refrigerator are so far apart, some of us wouldn't get any exercise at all".

Joey Adams

Health & Fitness

Yoga and Blended Yoga \$3
Chair Yoga Free

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 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 Yoga is sponsored by United Methodist Elder Care.

Monday	Intermediate	9am
Monday	Beginners	10:30am
Monday	Chair Yoga	Noon
Wednesday	Intermediate	7am
Wednesday	Blended	9am
Thursday	Intermediate	6pm
Friday	Blended	8am

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.

Ballroom Dancing Monday 2:00pm \$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.

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

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 Consultant

Fitness Consultant in the fitness room every Friday from 10:30-11:30am.

If you have any questions about your workout or the equipment see Mike.

Sponsored by Evergreen Health Center



To all of our neighbors who support the center
in various and special ways.

- Access Health Care** for annual monetary support
- Country Gardens Nursing & Rehab**, monthly blood pressures
- East Providence city employees**, for our gift card tree
- Evergreen Nursing & Rehab**, monthly blood pressures
- Evergreen Nursing & Rehab**, weekly fitness advisory
- Hattie Ide Chaffee**, monthly blood pressures
- Hope & Faith Food Drive**, food donations
- MTTI**, for monthly computer assistances
- Orchard View Manor**, monthly blood pressures
- Panera Bread of Seekonk**, Tuesday donations
- Stop & Shop of Seekonk**, twice weekly food donations
- Senator Daniel Daponte**, yearly Legislative Grant
- United Methodist Elder Care**, weekly chair yoga
- URI SNAP Program**, monthly food demonstration
- Waterview Villa Nursing facility**, monthly blood pressures
- Women & Infants**, monthly Family Van Program

Our newsletter Sponsors

- Healy Physical Therapy
- Epoch Senior Living
- Orchard View Manor
- Hattie Ide Chaffee
- Visiting Angels
- Chestnut Terrace
- Waterview Villa



To our volunteers

Volunteering is generally considered an altruistic activity where an individual or group provides services for no financial gain. Volunteering is also renowned for skill development, and is often intended to promote goodness or to improve human quality of life. Volunteering has positive benefits for the volunteer as well as for the community served.

**Without you,
who knows ???**

ABOUT THE CONSUMER PROTECTION UNIT

The Office of the Attorney General Consumer Protection Unit investigates and mediates consumer complaints concerning unfair and unlawful business practices and misleading advertising arising out of alleged violations of the Deceptive Trade Practices Act. If groups of people are victimized by a deceptive trade practice, this office may file in the Superior Court a civil investigative demand, which is a formal investigation. In appropriate cases, a lawsuit to stop the illegal business practice may be initiated.

Apart from carrying out its statutory responsibilities, the Unit also provides information and referral services to the general public. Consumers are directed to the appropriate governmental or private agencies for help in answering specialized questions or resolving disputes that are not within the Unit's jurisdiction.

If you have a question regarding a consumer related issue please e-mail us at consumers@riag.ri.gov or give us a call at (401) 274-4400.

With a spike in consumer complaints coming into the office within the past day, Attorney General Peter F. Kilmartin is warning Rhode Islanders to be on the lookout for the latest "IRS phone scam" to hit the area. According to some estimates, consumers across the country have reported more than \$8 million in losses from this scam in the past year.

In this most recent wave of the IRS scam, individuals are contacting taxpayers via telephone, telling them they owe back taxes and demanding that the victim pay the money immediately with a pre-loaded debit card or wire transfer. The caller often threatens the victim with arrest, deportation or suspension of a business or driver's license. In many cases, the caller becomes hostile and insulting.

Thieves who run this scam often:

Use common names and fake IRS badge numbers.

Make caller ID appear as if the IRS is calling by using spoofing software or pre-paid cell phones.

Send bogus IRS e-mails to support the bogus calls.

Call a second time claiming to be the police or department of motor vehicles. Again, using spoofing software or pre-paid cell phones, the caller ID again appears to support their claim.

If you get a call from someone who claims to be with the IRS asking you to pay back taxes, here's what you should do:

Hang Up!

Call and report the incident to the Treasury Inspector General for Tax Administration at 800-366-4484 or at www.tigta.gov.

Never provide any bank account or other personal or financial information to a person or company that you don't know.

Do not wire money to a person or company you don't know.

"When threatened with being sued or thrown in jail for owing back taxes, most people tend to pay what they are told they owe, and scam artists prey on people's good nature to want to do the right thing," said Attorney General Kilmartin. "Thankfully, vigilant consumer watchdogs reported to our office that the scam was back, hopefully saving others from being a victim."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Reservations Or Cancellations</p>	<p>Please Call 435-7800 Ext. 2 At least one day in advance</p>	<p>1 Vegetable Soup Low Sodium Hot Dog on Bun w/condiments Mac and Cheese Tomato Half, Hoodsie Cup <i>(Turkey Salad on Hot Dog Bun)</i></p>	<p>2 Turkey & Rice Soup Chicken Cacciatore Roasted Potatoes Broccoli Cuts Pudding, Marble Bread <i>(Italian Tuna on Marble Bread)</i></p>	<p>3 Tomato & Orzo Soup Beef Stroganoff Buttered Noodles Baby Whole Carrots Fresh Fruit, Biscuit <i>(Seafood Salad on a Roll)</i></p>
<p>6 Beef Soup Fried Chicken Steak w/Country Gravy Mashed Potatoes, Garlic Spinach Sugar Cookies, Rye Bread <i>(Egg Salad on Rye)</i></p>	<p>7 Brunch Orange Juice Ham Slice French Toast Sticks w/Syrup Hard Boiled Egg Fresh Fruit Cup</p>	<p>8 Moroccan Lentil Soup Grilled Chicken Pasta Primavera Side Salad w/Dressing Lorna Dune Cookies, Dinner Roll <i>(Hot Dog on a Bun w/condiments)</i></p>	<p>9 Chicken Soup Sloppy Joe on a Bun Potato Puffs Cole Slaw Ice Cream Sandwich <i>(Chicken Salad on a Bun)</i></p>	<p>10 Red Chowder Stuffed Sole Mashed Potatoes 4-Bean Salad, Fresh Fruit Wheat Bread <i>(Sliced Turkey on Wheat)</i></p>
<p>13 Onion Soup w/CROUTONS Beef Wellington w/Ketchup Peas & Carrots Chocolate Chip Cookies Dinner Roll <i>(Corned Beef w/Swiss on Rye)</i></p>	<p>14 Flag Day Vegetable Chowder Chicken Cordon Bleu w/Gravy White Rice Broccoli, Blueberry Coffee Cake Wheat Bread <i>(Tuna on Wheat)</i></p>	<p>15 Split Pea Soup Antipasto Salad w/ Assorted Meats and cheese . Cantaloupe Slice <i>(Roast Beef w/Cheese on Croissant)</i></p>	<p>16 Birthday Celebration Minestrone Soup Meatballs w/Sauce Peppers & Onions Sliced Seasoned Potatoes Frosted Cupcake, Italian Bread <i>(Egg Salad on Italian Bread)</i></p>	<p>17 Fathers Day Dinner Pasta & Bean Soup Pot Roast w/Gravy Mashed Potatoes Seasoned Green Beans Spumoni Ice Cream Wheat Dinner Roll <i>(Seafood Salad on Wheat)</i></p>
<p>20 Lemonade Hamburger on a Bun w/condiments Corn, Cabbage Slaw w/Vidalia Onion Dressing, Sports Bar <i>(Turkey & Cheese on a Bun)</i></p>	<p>21 Italian Wedding Soup Roast Turkey w/Gravy Stuffing, Sliced Carrots Angel Food Cake, Pumpernickel Bread <i>(Honey Ham & Cheese on Pumpernickel)</i></p>	<p>22 Chili Soup Honey BBQ Chicken Leg Quarter Corn bread, Tomato Cucumber Salad, Jello, White Bread <i>(Eggplant Grinder)</i></p>	<p>23 Potato Leek Soup French Meat Pie w/Ketchup Brussel Sprouts Sliced Pears Wheat Dinner Roll <i>(Salmon Salad on Wheat)</i></p>	<p>24 Egg Drop Soup Seafood Chow Mein Crunchy Noodles Asian Blend Vegetables Seasonal Melon <i>(Hamburger on a Bun)</i></p>
<p>27 Chicken Soup Breaded Pork Chop w/Applesauce Sweet Mashed Potatoes Capri Blend Vegetables Chocolate Pudding, Oatmeal Bread <i>(Tuna on Oatmeal Bread)</i></p>	<p>28 Cream of Broccoli Soup Knockwurst w/Mustard Boiled Potatoes California Blend Vegetables Fresh Fruit, Wheat Bread <i>(Meatloaf w/Ketchup on Wheat)</i></p>	<p>29 Venus de Milo Soup Shepherds Pie w/Ketchup Sliced Carrots Fruit Cocktail Garlic Bread <i>(Italian Grinder)</i></p>	<p>30 Pasta & Bean Soup Baked Fish w/Crumb Topping w/Lemon Wedge Rice Pilaf, Green Beans Coffee Cake, Marble Bread <i>(Chicken Salad on Marble Bread)</i></p>	<p><i>All menu items may contain Nuts, seeds, beans, wheat bran, and other allergens</i></p>