

*East*

*Providence*

*Senior*

*Activity*

*Center*

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

## Senior Services

**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

**Eleanor Monteiro**  
Trip Coordinator

**Ed Daft**  
**Steve Checrallah**

**Connie Caetano**  
Administration Volunteer

**Dick Wood**  
**Lee Wilber**  
Transportation

# November 2015

**Ann Marie Sabula**  
**2015 CDOE Dietitian of the Year**  
For outstanding performance as a  
Certified Diabetes Outpatient Educator  
(Page 7)

## Open Enrollment for Medicare

Annual Open Enrollment for Medicare recipients is October 15<sup>th</sup> through December 7<sup>th</sup>. 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

Monday, November 16<sup>th</sup> @10:30am

### United Health

Tuesday, November 3<sup>rd</sup> @ 10:30am  
Tuesday, December 1<sup>st</sup> @ 10:30am

# HIGHLIGHTS

Tuesday, November 3rd	
<b>Wellness Screenings</b>	9:00am
<b>United Health</b>	10:30am
Wednesday, November 4th	
<b>Clinical Lab</b>	8:30am
<b>Stroke Club</b>	1:30pm
Thursday, November 5th	
<b>SNAP Ed</b>	11:00am
Friday, November 6th	
<b>Blood Pressures</b>	10:30am
Monday, November 9th	
<b>AARP Smart Driving Course</b>	11:30am
Tuesday, November 10th	
<b>Cornerstone Money Management</b>	10:30am
Monday, November 11th	
Closed for Veterans Day	
Monday, November 16th	
<b>Caregivers Support</b>	10:30am
<b>Blue Chip</b>	10:30am
Thursday, November 19th	
<b>Podiatrist</b>	8:00am
<b>Diabetes Ed</b>	9:30am
<b>Blood Pressures</b>	10:30am
<b>Diabetes Support</b>	1:00pm
<b>AARP Board Meeting</b>	1:00pm
<b>Red Hatters</b>	1:30pm
Friday, November 20th	
<b>In-Sight Support Group</b>	12:45pm
Tuesday, November 24th	
<b>Blood Pressures</b>	10:30am
Wednesday, November 25th	
<b>RSVP Board Meeting</b>	1:00pm
Thursday, November 26th	
Closed for Thanksgiving	
Monday, November 30th	
<b>Computer Assistance</b>	2:00pm

## November American Diabetes Month

The vision of the American Diabetes Association is a life free of diabetes and all of its burdens. Raising awareness of this ever-growing disease is one of the main efforts behind the mission of the Association. American Diabetes Month is an important element in this effort, with programs designed to focus the nation's attention on the issues surrounding diabetes and the many people who are impacted by the disease.



Here are just a few of the recent statistics on diabetes:

Nearly 30 million children and adults in the United States have diabetes.

Another 86 million Americans have prediabetes and are at risk for developing type 2 diabetes.

The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$245 billion.

American Diabetes Month takes place each November and is a time to come together as a community to Stop Diabetes! Stop up to the Health Office to see what is new in the world of controlling Diabetes. We have all kinds of new and exciting information for you!

# Support Groups

## Stroke Club

Wednesday, November 4th  
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, November 16th  
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, November 19th  
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

November 20th  
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.

# 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

### Tuesday

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 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

7:30am Yoga  
 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, November 30th

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.

**Retirement provides the luxury of time to truly enjoy one's passion**

## 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.

### 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

### Card Games

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

### Ballroom Dancing

Monday \$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.

## Exercise / Fitness

### 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
Thursday	Intermediate	7:30am

### 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.

# YOUR HEALTH

Is always our concern

## 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.**

## Blood Pressure Clinics

10:30—11:30am

Friday, Nov. 6th Sponsored by **Orchard View Manor**  
Wednesday, Nov. 18th Sponsored by **Waterview Villa**  
Thursday, Nov. 19th Sponsored by **Evergreen House**  
Tuesday, Nov. 24th Sponsored by **Hattie Ide Chaffee**

## 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

## Women and Infants Hospital Health Screenings

Tuesday, Nov. 3rd

9-11:30am

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..

## Clinical Lab

Wednesday, Nov. 4th@ 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.

## Podiatrist

Thursday, Nov. 19th @ 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 health major insurance plans.

# Navigating the Supermarket



When you have Diabetes

Low Fat, Sugar Free, Reduced Sodium, All Natural.....

How do you know where to begin?

**Tuesday: November 3, 2015 @ 9:45 am**

**Or**

**Wednesday: November 4, 2015 @ 9:45**

We will leave from the Senior Center by bus and return before 11:30 am

Join Certified Diabetes Educators who will show you how to make healthy choices while food shopping without getting misled by advertising. Space is limited and you must be registered prior to the departure. Contact the Health, Nutrition and Diabetes Education Office to get registered at 401-435-7800 ext. 6 or 7. This service is covered by your insurance.

**You are never too old to set  
another goal  
or to dream a new dream.**

*Les Brown b.1945*



## Congratulations To Ann Marie Sabula 2015 CDOE Dietitian of the Year

For outstanding performance as a  
Certified Diabetes Outpatient Educator

Ann Marie provides countless hours of volunteer service for the benefit of Rhode Islanders with diabetes.

Ann Marie also has provided many hours of instruction for CDOE's who need information on billing for services. She teaches classes for the CDOE certification program on billing. She is a very humble and talented individual who is a shining example for all of us.

## Congratulations Ann Marie



Ann Marie relaxing before meditation, which she facilitates at the center every Friday morning.

# SENIOR HAPPENINGS CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	9:00 Yoga Class 10:30 Beginner's Yoga 1:00 Pokeno 2:00 Ballroom Dance	<b>3</b> 9:00 <b>W&amp;I Wellness Screenings</b> 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 10:30 <b>United Health</b> 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo 6:30 Fit Mix	<b>4</b> 7:00 Yoga 8:30 <b>Clinical Lab</b> 9:00 Blended Yoga 9:00 Walking Club 10:00 Scrabble 10:45 Chair Exercise 1:00 Cribbage 1:30 <b>Stroke Club</b>	<b>5</b> 7:30 Yoga 9:30 Aerobic Exercise 11:00 <b>SNAP</b> 12:30 Bridge 1:00 Craft Group	<b>6</b> 10:00 Scrabble 10:30 <b>Orchard View Blood Pressures</b> 10:30 <b>Fitness Advisor</b> 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack
<b>9</b>	9:00 Yoga Class 10:30 Beginner's Yoga 11:30 <b>AARP Smart Driving Course</b> 1:00 Pokeno 2:00 Ballroom Dance	<b>10</b> 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 10:30 <b>Cornerstone</b> 11:00 Tai Chi 11:30 <b>CONCERT</b> 12:30 Painting Class 1:25 Bingo 6:30 Fit Mix	<b>11</b> <b>HONORING VETERANS DAY</b>	<b>12</b> 7:30 Yoga 9:30 <b>Diabetes Ed</b> 9:30 Aerobic Exercise 12:30 Bridge 1:00 Craft Group	<b>13</b> 10:00 Scrabble 10:30 <b>Fitness Advisor</b> 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack
<b>16</b>	9:00 Yoga Class 10:30 Beginner's Yoga 10:30 <b>Caregivers Support</b> 10:30 <b>Plus Club</b>	<b>17</b> 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 11:00 Tai Chi 12:30 <b>Painting Class</b>	<b>18</b> 7:00 Yoga 9:00 Blended Yoga 9:00 Walking Club 10:00 Scrabble 10:30 <b>W&amp;I Wellness</b>	<b>19</b> 7:30 Yoga 8:00 <b>Podiatrist</b> 9:30 <b>Diabetes Ed</b> 9:30 Aerobics 10:30 <b>Exercise</b>	<b>20</b> 10:00 Scrabble 10:30 <b>Fitness Advisor</b> 10:45 Chair Exercise 11:00 Meditation 12:45 <b>Hi Lo Jack</b>

<p><b>10:30 Blue Crisp</b> 1:00 Pokeno 2:00 Ballroom Dance</p>	<p>12:30 Painting Class 1:25 Bingo 6:30 Fit Mix</p>	<p><b>10:30 Waterview</b> <b>Blood Pressures</b> 10:45 Chair Exercise 1:00 Cribbage</p>	<p><b>10:30 Evergreen</b> <b>Blood Pressures</b> 12:30 Bridge 1:00 Craft Group <b>1:00 Diabetes Support</b> <b>1:00 AARP Board</b> <b>1:30 Red Hats</b></p>	<p>12:45 Hi-Sight 1:20 Hi Lo Jack</p>
<p><b>23</b> 9:00 Yoga Class 10:30 Beginners Yoga 1:00 Pokeno 2:00 Ballroom Dance</p>	<p><b>24</b> 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling <b>10:30 Hattie Ide</b> <b>Blood Pressures</b> 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo 6:30 Fit Mix</p>	<p><b>25</b> 7:00 Yoga 9:00 Blended Yoga 9:00 Walking Club 10:00 Scrabble 10:45 Chair Exercise 1:00 Cribbage 1:00 RSVP Board</p>	<p><b>26</b> <b>HAPPY</b> <b>THANKSGIVING</b></p>	<p><b>27</b> 10:00 Scrabble <b>10:30 Fitness Advisor</b> 10:45 Chair Exercise 11:20 Hi Lo Jack</p>
<p><b>30</b> 9:00 Yoga Class 10:30 Beginners Yoga 1:00 Pokeno 2:00 Ballroom Dance <b>2:00 Computer Assistance</b></p>				

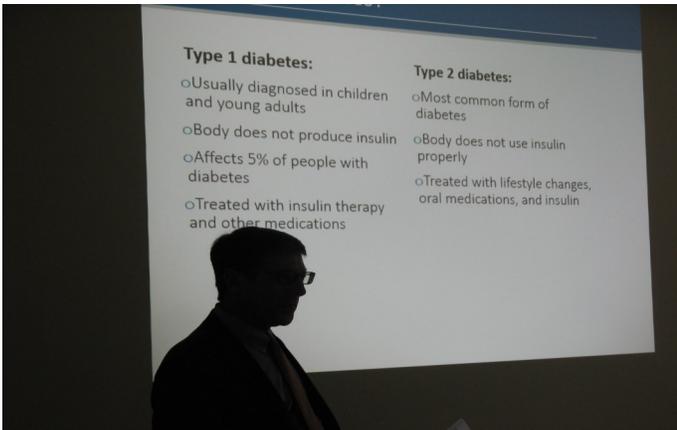
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## Cornerstone Money Management, LLC

Tuesday, November 10th

10:30am

Beth Carroll is a CPA and a daily money manager. Her company, Cornerstone Money Management, LLC, helps seniors in their homes with bill-pay, financial organization and day to day finances. She is helping seniors struggling with illness and/or loss. She is also reaching out to adult children who might not have the time or ability to help their senior parents. Her goal is to assist seniors with their finances to bring peace of mind.



Dr. Larry Ginsberg speaking on eye care

### 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

Dining Room 401-435-7800 Ext 2

RSVP 401-435-7876

Recreation 401-435-7511

Carousel 401-435-7518

### 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 always 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.

### Book/DVD Sale

All books, puzzles and CD'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.

Once you choose hope,  
anything's possible.

**Christopher Reeve**

## Identity Theft After Death

The recently deceased are prime targets for fraudsters, so make sure to destroy any documents they could use to steal someone's identity.

You should shred any with information that thieves could use to steal someone's identity, even after they pass away. "Recently deceased individuals are a prime target for fraudsters," says Rod Griffin, director of public education for the credit bureau Experian. ID thieves can do the most damage during the period after the person dies but before the credit bureaus, financial institutions and government agencies are notified.

Financial institutions are usually notified about a death from the Social Administration's Death Master File, but that can take a while. It's better to send copies of the death certificate to creditors, institutions, insurers, government agencies and even the credit bureaus as soon as possible, says Adam Levin, chairman of IDT911, which provides ID -theft protection programs for consumers through employers and banks. The fact sheet at [www.idtheftcenter.org](http://www.idtheftcenter.org) has a checklist of companies to contact and sample letters to send.

By [Kimberly Lankford](#), From *Kiplinger's Personal Finance*

## Luncheon Concert with Jeff Carvalho

**Tuesday, November 10<sup>th</sup>  
11:30 AM- 12:30 PM.**

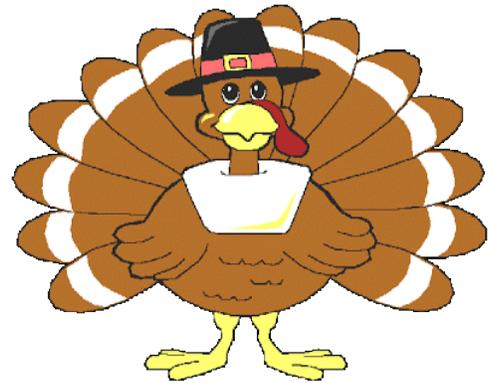
**FUN FACT about Jeff:**  
He was a contestant on the  
"XFactor"

He was chosen out of  
300 local contestants.

*Sponsored by*  
Orchard View Manor

## Thanksgiving Day, is a holiday

celebrated in the United States on the fourth Thursday in November. It has been celebrated as a federal holiday every year since 1863, when, during the Civil War, President Abraham Lincoln proclaimed a national day of "Thanksgiving and Praise to our beneficent Father who dwelled in the Heavens", to be celebrated on the last Thursday in November. Thanksgiving was also celebrated nationally in 1789, after a proclamation by George Washington. As a federal and public holiday in the U.S., Thanksgiving is one of the major holidays of the year. Together with Christmas and New Year, Thanksgiving is a part of the broader holiday season.





Many Americans mistakenly believe that Veterans Day is the day America sets aside to honor American military personnel who died in battle or as a result of wounds sustained from combat. That's not quite true. Memorial Day is the day set aside to honor America's war dead.

Veterans Day, on the other hand, honors *ALL* American veterans, both living and dead. In fact, Veterans Day is largely intended to thank *LIVING* veterans for dedicated and loyal service to their country.

## The History of Veterans Day

November 11, or what has come to be known as Veterans Day, was originally set as a U.S. legal holiday to honor Armistice Day - the end of World War I, which officially took place on November 11, 1918. In legislature that was passed in 1938, November 11 was "dedicated to the cause of world peace and to be hereafter celebrated and known as 'Armistice Day.'" As such, this new legal holiday honored World War I veterans.

Congress, at the urging of the veterans service organizations, amended the Act of 1938 by striking out the word "Armistice" and inserting the word "Veterans." With the approval of this legislation on June 1, 1954, November 11 became a day to honor American veterans of all wars.

In 1968, the Uniforms Holiday Bill ensured three-day weekends for Federal employees by celebrating four national holidays on Mondays: Washington's Birthday, Memorial Day, Veterans Day, and Columbus Day. Under this bill, Veterans Day was moved to the last Monday of October. Many states did not agree with this decision and continued to celebrate the holiday on its original date. The first Veterans Day under the new law was observed with much confusion on October 25, 1971.

Finally on September 20, 1975, President Gerald R. Ford signed a law which returned the annual observance of Veterans Day to its original date of November 11, beginning in 1978. Since then, the Veterans Day holiday has been observed on November 11.

If the November 11 holiday falls on a non-workday -- Saturday or Sunday -- the holiday is observed by the federal government on Monday (if the holiday falls on Sunday) or Friday (if the holiday falls on Saturday). Federal government closings are established by the [U.S. Office of Personnel Management](#). State and local government closings are determined locally, and non-government businesses can close or remain open as they see fit, regardless of Federal, state or local government operation determinations.

United States Senate Resolution 143, which was passed on August 4, 2001, designated the week of November 11 through November 17, 2001, as "**National Veterans Awareness Week.**" The resolution calls for educational efforts directed at elementary and secondary school students concerning the contributions and sacrifices of veterans.

Thank You to all our  
Veterans

When a loved one dies, grieving family members and friends often are confronted with dozens of decisions about the funeral — all of which must be made quickly and often under great emotional duress.

Here are some important reminders from the [Federal Trade Commission](#).

## Funeral Planning

When arranging for a funeral, you have the right to buy goods and services separately and are not obligated to buy package deals. The FTC suggests you:

**Shop around in advance.** Compare prices from at least two funeral homes. Remember that you can supply your own casket or urn.

**Ask for a price list.** The law requires funeral homes to give you written price lists for products and services.

**Resist pressure to buy goods and services you don't really want or need.**

**Avoid emotional overspending.** It's not necessary to have the fanciest casket or the most elaborate funeral to properly honor a loved one.

**Recognize your rights.** Laws regarding funerals and burials vary from state to state. It's a smart move to know which goods or services the law requires you to purchase and which are optional.

**Apply the same smart shopping techniques you use for other major purchases.** You can cut costs by limiting the viewing to one day or one hour before the funeral, and by dressing your loved one in a favorite outfit instead of costly burial clothing.

**Shop in advance.** It allows you to comparison shop without time constraints, creates an opportunity for family discussion, and lifts some of the burden from your family.



## BBB Tips for Pre Planning a Funeral

**Create Your Will.** The Better Business Bureau says it's best to write a will, especially after you have children, otherwise the state will make decisions for you. Remember if you write your will early, it's important to update it periodically.

**Make a Budget.** Visit multiple funeral homes and ask for a General Price List. Use the information to create a reasonable budget and stick to it.

**Check Out the Facility.** Once you believe you have found the right establishment, check out the funeral home in person before making a definite decision. Make sure the funeral home has obtained the proper licensing from your state's licensing board.

**Save Copies.** After purchasing funeral services you will receive a signed copy of the agreement.

Be sure to save a copy of this agreement because it states all the services you purchased and their price.



## The “Greening” of East Providence

December 7<sup>th</sup> or 14<sup>th</sup> 2015

9:30 -12:00 am

**Craft Room**

We will be creating beautiful holiday centerpieces for you to enjoy at home or gift to a friend.

This is a fun activity and you will be amazed how beautiful your end result will be!

**All live greens, containers and other materials will be provided.**



Class size is limited so sign up in the administration office ASAP!

Cost \$5

Please bring: a pair of garden clippers

### **Greening**

is the process of transforming artifacts such as a space, a lifestyle or a brand image into a more environmentally friendly version (i.e. 'greening your home' or 'greening your office'). The act of greening involves incorporating "green" products and processes into one's environment, such as the home, work place, and general lifestyle.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Pasta & Bean Soup <b>Swedish Meatballs</b> Buttered Noodles Green Beans Rye Bread, RI Grown Apple	<b>3</b> Chicken Escarole Soup <b>Chef Salad</b> (Turkey, Ham, Egg, Cheese) Garlic Bread, Lemon Pudding <i>(Hot Dog on a Roll w/condiments &amp; Chips)</i>	<b>4</b> Lentil Soup <b>Roast Pork w/ Gravy</b> Oven Roasted Potatoes Mixed Vegetables, Apple Sauce Multi Grain Bread, Hoosdie Cup	<b>5</b> Chili Soup <b>Meatloaf w/Gravy</b> Mashed Potatoes Sliced Carrots Jell-O, Snowflake Roll	<b>6</b> White Chowder <b>Fish Sandwich w/Tartar Sauce on Wheat Roll</b> Crispy Cubes Broccoli Cuts, Coffee Cake <i>(Honey Ham/Swiss/wheat roll)</i>
<b>9</b> Split Pea Soup <b>Kielbasa w/Mustard</b> Boiled Potatoes Carrot & Cabbage Mix Apricot Half Rye Bread <i>(Seafood Salad on Rye)</i>	<b>10</b> Veteran's Day Celebration Beef Vegetable Soup <b>Chicken Cordon Bleu/Gravy</b> Florentine Blend Vegetables Rice Pilaf      Ice Cream Wheat Bread, <i>(Roast Beef &amp; Cheese/Wheat)</i>	<b>11</b> <u>Closed</u> <b>Veteran's Day</b>	<b>12</b> Chicken & Rice Soup <b>Meatballs w/Sauce</b> Ziti w/Sauce Tossed Salad w/Dressing RI Grown Apple Crisp Italian Bread <i>(Egg Salad on Italian)</i>	<b>13</b> Minestrone Soup <b>Seafood Chow Mein</b> Crunchy Noodles Stir Fry Vegetables Tapioca Pudding Marble Bread <i>(Chicken Salad on Marble)</i>
<b>16</b> Onion Soup w/CROUTON <b>Sloppy Joe on a Bun</b> Baked Lays Carrot Slaw Sliced Peaches <i>(Turkey &amp; Cheese on a Bun)</i>	<b>17</b> Venus De Milo Soup <b>Chicken Leg Quarter</b> Garlic Mashed Potatoes Asparagus Cuts Sherbet, Multi Grain Bread <i>(Ham Salad on Multi Grain)</i>	<b>18</b> Orange Juice <b>Fruit Stuffed Pancakes (2)</b> Scrambled Eggs Baked Tomato Half Fresh Fruit Cup	<b>19</b> Kale & Bean Soup <b>Stuffed Pepper w/Sauce</b> Seasoned Ziti Winter Blend Vegetables Frosted Cup Cake, Rye Bread <i>(Pastrami &amp; Cheese on Rye)</i>	<b>20</b> <u>Thanksgiving Dinner</u> Italian Wedding Soup <b>Roast Turkey Dinner w/Gravy</b> Cornbread Stuffing, Spinach, Cranberry Sauce, Pumpkin Pie <i>(Roast Beef on a Roll)</i>
<b>23</b> Vegetable Barley Soup <b>French Meat Pie w/Ketchup</b> Brussel Sprouts Fruit Cocktail Pumpernickel Bread <i>(Tuna on Pumpernickel)</i>	<b>24</b> Tomato Soup <b>Low Sodium Hot Dog on a Roll w/condiments</b> Baked Mac & Cheese Cole Slaw, Sports Bar <i>(Hamburger on a Roll)</i>	<b>25</b> Turkey Soup <b>Chicken Marsala w/Mushroom Gravy</b> Wild Rice, California Vegetables Mandarin Oranges, Wheat Bread <i>(Meatloaf w/Ketchup on Wheat)</i>	<b>26</b> <u>Closed</u> <b>Thanksgiving</b>	<b>27</b> <u>Closed</u> <b>Thanksgiving</b>
<b>30</b> Chicken Soup <b>Liver and Onions w/Gravy</b> Mashed Potatoes Mixed Vegetables Chocolate Chip Cookies Oatmeal Bread <i>(Grilled Chicken / Oatmeal)</i>	All menu items may contain nuts, seeds, beans and wheat bran + other allergens	<b>Thank you for your donations!</b> <b>Your donations help keep the program going.</b>	<b>Reservations</b> <b>Or</b> <b>Cancellations</b>	<b>Please Call</b> <b>435-7800</b> <b>Ext 2.</b>