

East Providence Senior Activity Center



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

November 2016

This Month

Tuesday, 1st	Wellness Screenings	9:00am
	United Health	10:30am
Wednesday, 2nd	Clinical Lab	8:30am
	Open Enrollment	9:00am
	Stroke Club	1:30pm
Thursday, 3rd	SNAP	11:00am
Friday, 4th	Blood Pressures	10:30am

NOVEMBER 6TH Daylight Savings Time Ends

Monday, 7th	AARP Smart Driving Course	11:30am
Tuesday, 8th	ELECTION DAY	CLOSED
Wednesday, 9th	Open Enrollment	9:00am
	Blood Pressures	10:30am
Thursday, 10th	Dr. Reuter	8:00am
	Law Seminar	10:30am
Friday, 11th	Veterans Day	CLOSED
Wednesday, 16th	Open Enrollment	9:00am
Thursday, 17th	Blue Chip	10:30am
	Blood Pressures	10:30am
	AARP Board Meeting	1:00pm
	Diabetes Support	1:00pm
	Red Hatters	1:30pm
Friday, 18th	InSight	12:45am
Monday, 21st	Caregivers Support	10:30am
Tuesday, 22nd	Blood Pressures	10:30am
Wednesday, 23rd	Open Enrollment	9:00am
	RSVP Board Meeting	1:00pm
Thursday, 24th	Thanksgiving	CLOSED
Monday, 28th	Computer Assistance	2:00pm
Wednesday, 30th	Open Enrollment	9:00am
	DECEMBER	
Friday, 2nd	United Health	10:30am
Friday, 7th	Blue Chip	10:30am

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

Pat Thomas
Receptionist

Health Office Ext. 6

Nutritionist Ext. 1

Dean Kirkwood
Facility Manager

Connie Caetano
Administration Volunteer

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

Advisory Board

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



VOTE
IT'S YOUR RIGHT!

Chair Yoga

Mondays

Noon—1pm

By combining movements with breathing with mindfulness, individuals who participate regularly in yoga reap benefits.

Adult Coloring

Wednesdays

10-11:30am

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

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.

Must bring your own supplies.

Coffee An

Every afternoon

2pm -3pm

Sponsored by

Brookdale Manor Retirement Living

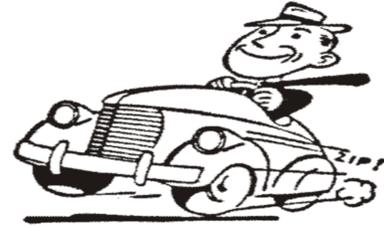
1440 Wampanoag Trail

401.433.5000

AARP Smart Driving Course

Monday, Nov. 7th

11:30-4pm



The new curriculum contains the latest research & industry insights and exciting new topics. The new workbook contents are participant friendly and easy to follow. The associated program video has been re-formatted and includes interviews with experts.

The program fees are now \$15.00 for AARP members and \$20.00 for non-members.

NO TESTS!

If an insurance discount is one of your objectives, please inquire with your automobile insurer to determine if you qualify for a discount for completing this program. Please bring a lunch or snack especially if you have a medical condition.

To register, please sign up in the Administration Office.

Memory Screening

Wednesday Dec. 14th

10am-Noon

Wingate on Blackstone's Director of Wellness Andrea Santo RN, will do a Mini Mental Screen on all those who sign up. This is one of the most commonly used test for evaluating for memory or other mental abilities.

You will get a copy and this is a good tool to share with your Doctor.

Sign up in the Administration Office

Sponsored by Wingate formerly **Epoch**

Support Groups

Stroke Club

1:30pm - 3:00pm

The Stroke Club meets on the first Wednesday of each month and provides entertainment, education, support, socialization, refreshments, and transportation for stroke survivors and their caregivers.

Caregiver's Support

10:30am - 11:30am

This support group is held the third Monday each month. The sessions offer support and sharing for those who are caring for others.

In-Sight Support

12:45pm - 3:00pm

In-Sight offers programs and support in productive living for the visually impaired. The group meets the 3rd Friday of every month.

Diabetes Support

1:00pm - 2:30pm

Open meeting held monthly for people with diabetes to meet for mutual support. The group meets the fourth Thursday of each month.

This month Maribeth Enos, RPH, CDOE will join us for a very informative talk on all types of Diabetes medications.

"You never look good trying to make someone else look bad"

Unknown

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. To contact Ellen Frazier please call 435-7800 Ext 3

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.

Nutrition Program

The center provides a nutritional meal to approximately 85 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.

Weekly/Monthly Programs

Monday

9:00am Intermediate Yoga
 9:00am Walking Club
 10:30am Beginners Yoga
 10:30am Caregivers Support Group (3rd Monday)
 12:00 pm Chair Yoga
 1:00pm Pokeno
 2:00pm Ballroom Dancing
 6:00pm Fit Mix

Tuesday

9:30am Bocce (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 Wednesday)
 9:00am Blended Yoga
 10:00am Scrabble
 10:00am Adult Coloring
 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)
 6:00pm Yoga

Friday

8:00am Blended Yoga
 9:00am Billiard League
 10:00am Scrabble
 10:00am Mah Jongg
 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-1pm Gift Shop
 9am-3pm Library
 8am-4pm Computer Games
 9am-11am Coffee An
 11:45am Lunch
 2:00pm Coffee Bar

Computer/iPad

Assistance

Monday, Nov. 28th
 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.

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.

Ballroom Dancing

Monday 2pm \$3

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

Card Games

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

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.

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.

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 Chair Yoga \$3 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
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.

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

Di-

Women and Infants Hospital Health Screenings

Tuesday, Nov. 1st
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, Nov. 2nd 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.

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

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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Blood Pressure Clinics

10:30–11:30am
Friday, Nov. 4th

Sponsored by **Orchard View Manor**

Wednesday, Nov. 9th

Sponsored by **Waterview Villa**

Thursday, Nov. 17th

Sponsored by **Evergreen House**

Tuesday, Nov. 22nd

Sponsored by **Hattie Ide Chaffee**

If you're yearning for the good old days, just turn off the air conditioning.
Griff Niblack

Nurse Mary Jane Milner Diabetes Educator of the Year

Nurse Mary Jane Milner has been named Diabetes Educator of the Year by the RI Diabetes Educators of Rhode Island. Mary Jane conducts a wide range of diabetes education and outpatient support services at the center. If you are living with diabetes, you know the importance of proper management and care of your disease.

Mary Jane gives diabetes care, education, and support you need.

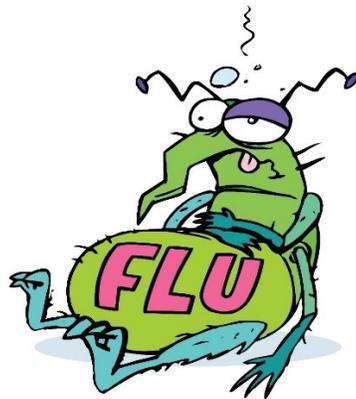
She emphasizes self-management of diet, blood glucose monitoring, medications, exercise, and other key aspects of diabetes management and treatment.

We congratulate her and thank her for all she does caring for our seniors.



Have You Gotten Your Flu Shot Yet?

It is not too late and the Flu bug is in Rhode Island!



Protect yourself, your family and community by getting a flu shot as soon as possible. The East Providence Senior Center is giving Flu vaccinations at no cost to you. Our next Flu Clinics are:

November 2, 2016 from 9:00 am -12:00 pm

and

November 16, 2016 from 9:00 am – 12:00 pm

Bring your ID and insurance cards.

If those dates don't work call to schedule an appointment, 401-435-7800 ext. 7

SENIOR HAPPENINGS CALENDAR

	MONDAY	TUESDAY	WEDNESDAY
		1 9:00 W&I Wellness Screenings 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 10:30 United Health 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	2 7:00 Yoga 8:30 Clinical Lab 9:00 Blended Yoga 10:00 Scrabble 10:00 Adult Coloring 10:45 Chair Exercise 1:00 Cribbage 1:30 Stroke Club
	7 9:00 Yoga Class 10:30 Beginners Yoga 11:30 AARP Smart Driving Course 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dance 6:00 Fit Mix		9 7:00 Yoga 9:00 Blended Yoga 10:00 Scrabble 10:00 Adult Coloring 10:30 Waterview Blood Pressure 10:45 Chair Exercise 1:00 Cribbage
	14 9:00 Yoga Class 10:30 Beginner's Yoga 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dance 6:00 Fit Mix	15 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 10:30 Financial Services 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	16 7:00 Yoga 9:00 Blended Yoga 10:00 Scrabble 10:00 Adult Coloring 10:45 Chair Exercise 1:00 Cribbage
	21 9:00 Yoga Class 10:30 Beginners Yoga 10:30 Caregivers Support 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dance 6:00 Fit Mix	22 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	23 7:00 Yoga 9:00 Blended Yoga 10:00 Scrabble 10:00 Adult Coloring 10:45 Chair Exercise 1:00 Cribbage 1:00 RSVP Board
	28 9:00 Yoga Class 10:30 Beginners Yoga 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dance 2:00 Computer Assistance 6:00 Fit Mix	29 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	30 7:00 Yoga 9:00 Blended Yoga 10:00 Scrabble 10:00 Adult Coloring 10:45 Chair Exercise 1:00 Cribbage

	T H U R S D A Y	F R I D A Y	
	<p>3</p> <p>9:30 Aerobic Exercise 9:30 Diabetes Ed 11:00 SNAP 12:30 Bridge 1:00 Craft Group 6:00 Yoga</p>	<p>4</p> <p>8:00 Blended Yoga 10:00 Mah Jongg 10:00 Scrabble 10:30 Orchard View Blood Pressures 10:30 Fitness Advisor 11:00 Mediation 10:45 Chair Exercise 1:20 Hi Lo Jack</p>	
<p>Class res e</p>	<p>10</p> <p>8:00 Dr. Reuter 9:30 Diabetes Ed 9:30 Aerobic Exercise 10:30 Law Seminar 12:30 Bridge 1:00 Craft Group 1:20 Hi Lo Jack 6:00 Yoga</p>		
	<p>17</p> <p>9:30 Aerobics 9:30 Diabetes Ed 10:30 Blue Chip 10:30 Evergreen Blood Pressures 12:30 Bridge 1:00 Diabetes Support 1:00 Craft Group 1:00 AARP Board 1:30 Red Hats 6:00 Yoga</p>	<p>18</p> <p>8:00 Blended Yoga 10:00 Mah Jongg 10:00 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Mediation 1:20 Hi Lo Jack</p>	
<p>e</p>		<p>25</p> <p>8:00 Blended Yoga 10:00 Mah Jongg 10:00 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:20 Hi Lo Jack</p>	

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The Rhode Island World Diabetes Day

November 14, 2016

11:30 am to 1:30 pm at the State House

“Eyes on Diabetes”

The theme of World Diabetes Day 2016 is Eyes on Diabetes. The year’s activities and materials will focus on promoting the importance of screening to ensure early diagnosis of type 2 diabetes and treatment to reduce the risk of serious complications.

Screening for type 2 diabetes is important to modify its course and reduce the risk of complications.

Diabetes is a huge and growing burden: 415 million adults were living with diabetes in 2015 and this number is expected to increase to around 642 million or one in ten adults by 2040.

One in two adults with diabetes is undiagnosed.

Many people live with type 2 diabetes for a long period of time without being aware of their condition. By the time of diagnosis, diabetes complications may already be present.

Up to 70% of type 2 diabetes cases can be prevented or delayed by adopting healthier lifestyles, equivalent to up to 160 million cases by 2040.

With increasing levels of poor nutrition and physical inactivity among children in many countries, type 2 diabetes in childhood has the potential to become a global public health issue leading to serious health outcomes. 12% of total global expenditure on health is currently spent on adults with diabetes.¹

The number of people with diabetes in low- and middle-income countries will continue to grow, posing a threat to sustainable development. For example by 2040, the number of people with diabetes in Africa is expected to double.

Screening for diabetes complications is an essential part of managing all types of diabetes.

One in two people with diabetes remain undiagnosed, which makes them particularly susceptible to the complications of the condition, causing substantial disability and premature death.

More than 640 million of us may be living with diabetes by 2040.¹ Delayed diagnosis means that many people with type 2 diabetes will suffer from at least one complication by the time they are diagnosed with diabetes. In many countries diabetes is a leading cause of blindness, cardiovascular disease, kidney failure and lower-limb amputation.

Screening for diabetes complications is an important part of effective management of the disease, to ensure optimal health.

Of the 415 million adults worldwide living with diabetes in 2015, over one third will develop some form of diabetic retinopathy – a complication of diabetes that can lead to vision impairment and blindness.²

More than 93 million adults, or one in three, currently living with diabetes have diabetic retinopathy.

The management of diabetes and its complications begins in primary health care and this should include screening for diabetic retinopathy

Early detection and timely treatment of diabetic retinopathy can prevent vision loss and reduce the impact of diabetes on individuals, their careers and society.

Careful management of diabetes and screening for diabetic eye disease can help prevent visual impairment and blindness.

Global health spending to treat diabetes and manage complications was estimated at USD 673 billion in 2015.

1. IDF Diabetes Atlas 7th edition www.idf.org/diabetesatlas www.idf.org/diabetesatlas

2. Diabetes Eye Health: A Guide for Health www.idf.org/eyehealth

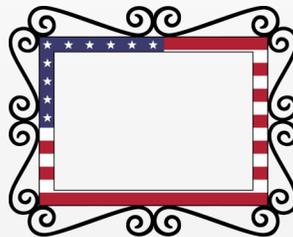
Veterans Day

Friday, November 11th



We will never forget your service and we

Thank You



TOWNIE ROAD RUNNERS

Nov. 28-30, 2016 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 Motor coach Transportation. \$300.00 Triple \$354.00 Single Deposit \$75.00 w reservation.

April 23-30, 2017 New Orleans and Mississippi – brochure with full details and prices will be available soon, includes accommodations, some meals, tours, airfare out of RI and transportation to and from the airport.

**Sign up in the Administration Office
or call Eleanor Monteiro (401) 434-8194**

New in the Dining Room

We are pleased to offer a third daily option, the salad entrée.

Participants that order the salad receive the following:

Soup or juice of the day

Bread or Roll of the day

Dessert of the day

Milk

Coffee or Tea

The salad entrée option changes monthly.



It won't be long before Winterfest 2016 is here.

“Don't close the book when bad things happen in your life. Just turn the page and begin a new chapter”

Lessens learned in Life

Beware

Rhode Island State Police are warning residents of a telephone scam. A male caller identifies himself as either Lieutenant Frank Rodgers, Lieutenant Frank Williams, Judge J.J. McConley or Captain Mike Davis of the Providence County Sheriff's Office. The caller then advises the citizen that they have an outstanding court warrant and must provide payment in order to avoid arrest. Residents are also told payments can be made in the form of a pre-paid card.

These calls are an attempt to defraud citizens and are completely fictitious. The Rhode Island Division of Sheriffs does not request payment for fines in any form and is strongly urging anyone who has received this type of call to disregard it.

Anyone with questions regarding these calls can reach the Rhode Island State Police Detective Trooper Stephen Vinton at (401) 275-2930.

REMEMBER

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

The Government will not and does not call for any personal information.

Questions About End of Life Legal Issues?

Learn about end of life planning issues, simple wills and health care directives.

Thursday, November 10th

10:30p.m.

This presentation is geared for people who do not have a will and/or do not have a medical power of attorney.

The presentation will not cover topics such as trusts.

Presentation followed by free individual consultations.

Feinstein Center for Pro Bono & Experiential Education

Roger Williams University School of Law

Open Enrollment for Medicare

Annual Open Enrollment for Medicare recipients is October 15th through December 7th.

This is the only time of year most Medicare recipients can change their health insurance and 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!

A representative from **Blue Chip** will be available

Breed Hall on Thursday, November 17 at 10:30am

Wed. Dec. 7 from 9:30 AM until 12:00 PM

for any last minute questions on 2017 Blue CHiP for Medicare plans.

This is the last day to make any changes to your Medicare coverage for 2017!

Representative from **United Health** will be available

Breed Hall on Tuesday, November 1st @ 10:30am

Breed Hall on Tuesday, December 2nd @ 10:30am



Gift Shop



Postage Stamps

Jewelry

Baby Items

Pocket Kleenex

Candles

Picture Frames

Note Pads/Pen

Greeting Cards

Scarves

Seasonal Items

Adult Coloring Books/Pencils

Bag Caddies

Snacks/Candy

Knitted items

Bottled Water

Note Cards

Christmas is Coming !!!!



Health Notice

East Providence Senior Center Health Office welcomes donations of medical equipment and supplies. We loan out equipment to the community. We also have both men and women adult diapers available for those who may need them. Please contact us at any time. If you have questions or would like more information about any of our flu clinics, diabetes programs, blood pressure clinics, nutritional counseling or support groups please visit the Health Office or call 401-435-7800.

