

EP Senior
Activity Center

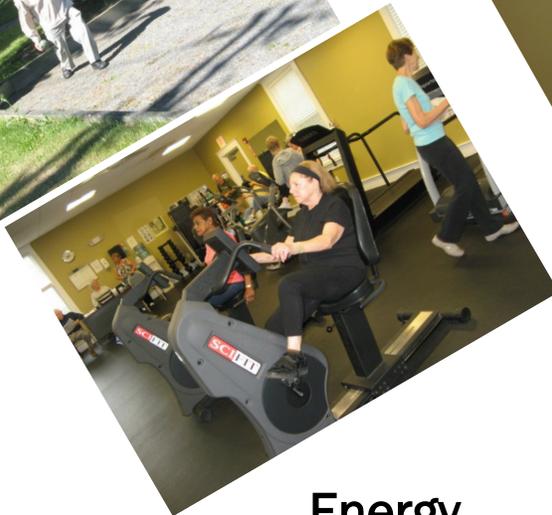
September 2015

Celebrate LIFE at our Senior Center

Learning

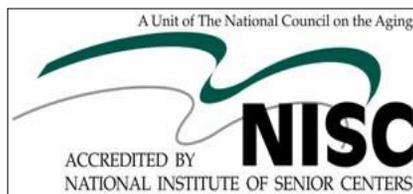


Independence



Friends

Energy



National Senior Center Month

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.

Women and Infants Hospital

Tuesday, Sept. 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 screenings are free of charge and completely confidential.

Clinical Lab

Wednesday, Sept. 2nd 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.

Podiatrist

Thursday, Sept. 17th 8am

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



Flu Clinics

September 22nd 9am to Noon

September 29th Noon to 4pm

October 13th 12:30 to 3pm

October 20th 8:30 to Noon

October 28th 8am to 11am



Blood Pressure Clinics

10:30am

Friday, Sept. 4th

Sponsored by Orchard View Manor

Wednesday, Sept. 9th

Sponsored by Waterview Villa

Thursday, Sept 17th

Sponsored by Evergreen House

Tuesday, Sept. 22nd

Sponsored by Hattie Ide Chaffee

Support Groups

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.

Caregiver's Support 10:30am - 11:30am
This support group is held the third Monday each month. The group offers support and sharing for those who are caring for others.

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.

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 each month.

Therapeutic Touch

Thursdays 9:30am

Therapeutic Touch is a form of energy healing which is based on re-balancing the energy fields that are surrounding the body. T.T. treatments often relieves conditions of stress, anxiety as well as acute or chronic pain. Therapeutic Touch treatment is provided by Eleanor Leighton, R.N.

Eleanor is available to see clients on Thursday mornings. The cost is \$3.00 for 15 minutes. The first session is complimentary. For more information and to schedule an appointment please call Eleanor at 401-433-1392

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.

Diabetes Outpatient Education Classes

"Living Well with Diabetes Class"

Nurse Mary Jane will be conducting two different Diabetes Ed classes in September & October.

Location: Atria Bay Spring, Barrington

Mondays 1:30 - 3:30 pm

Sept. 14th, 21st, 28th, and Oct. 5th

Location: East Providence Senior Center

Mondays 9:30 - 11:30 am

Sept. 28th, Oct. 5th, 19th, and 26th

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.

"The most important lesson of friendship is also the most basic: In order to have a friend, you must be a friend"

Ruth Soukup

10 tips for Healthier Aging

Thousands of books have been written on what to eat, how to exercise and even where to work in order to enjoy a healthier, happier life. But the keys to a long, vital life are basic, said Colin Milner, chief executive officer, International Council on Active Aging.

The organization has proposed 10 steps to live happier, healthier, more productive lives no matter your age. The 10 steps took into account proven health and medical statistics and presented them in a way that people can implement, he said. It's an all-encompassing list that will impact all areas of your life. "We're more than just our physical bodies and nutrition," he said.

While any change is hard, Milner suggests the key is to replace any bad behavior with something that's positive and fulfilling.

Here are the International Council on Active Aging 10 research-based tips for aging well:

Think positive

Strive for success in all your endeavors, especially those related to your health or fitness program. Negative thoughts can become self-fulfilling prophecies. And never let your age be a barrier. Research has shown that thinking positively about getting older can lengthen your life by as much as 7.5 years.

Turn your spark into a flame

Do you have a passion, talent or hobby that you do well at? Nurture it, grow it, and let that enthusiasm spill over into other areas of life

Eat a balanced diet

This is the one you knew was coming: A balanced diet and healthy weight are keys to physical and mental health. Instead of the latest fad diet, start with a common-sense approach — eat lots of fruits and vegetables, go easy on the sugar and salt. Cut back on calories if your weight is trending the wrong way.

Exercise regularly

Staying physically active fuels the body and mind and helps prevent physical and mental decline. If you're already exercising regularly, keep it up. If you're just getting started, set realistic goals based on your own fitness level, then move toward them at your own pace. Just walking for as little as 10 minutes, three times a day is infinitely better than doing nothing. The key is to get started and be consistent.

Connect with people

Keep your social life active. Go out with friends to see a movie or enjoy a coffee. Even better, do volunteer work on a regular basis. Research shows that people who volunteer have higher levels of well-being and life satisfaction than people who don't. Volunteering and other kinds of civic and social engagement can contribute to better health.

Don't stay down

Everyone feels down at times, but full-blown depression is a major cause of disability and cannot be ignored. If you're feeling out of sorts for two weeks or more, talk with your doctor. In many instances, exercising and changing to a healthier diet can help lift you out of the doldrums.

Keep learning

Studies show that lifelong learning is good for you. Learning adds a needed dimension to life, whether it involves staying in touch with what is happening in the world or keeping the brain stimulated. The best news is that you can start learning new subjects or physical activities at any age.

Have fun!

A healthy life is generally a life filled with joy and laughter. So do what you need to do to kick up your heels and have a good time. Ride a bike, learn a language, take up square dancing. Step outside of your comfort zone if you have to!

By Melissa Erickson
Senior Resource Guide

September Features

Tuesday, Sept. 1st	Health Screening	9:00am
Wednesday, Sept. 2nd	Clinical Lab	8:30am
	Stroke Club	1:30pm
Friday, Sept. 4th	Blood Pressure Clinic	10:30am
Monday, Sept. 7th	Labor Day	Closed
Wednesday, Sept. 9th	Blood Pressure Clinic	10:30am
	Food for Thought	11:00am
Thursday, Sept. 10th	SNAP Ed	11:00am
Monday, Sept. 14th	AARP Smart Driving	11:30am
Thursday, Sept. 17th	Podiatrist	8:00am
	Blood Pressure Clinic	10:30am
	AARP Board Meeting	1:00pm
	Red Hatters	1:30pm
Friday, Sept. 18th	INSight	12:45pm
Monday, Sept. 21st	Caregiver's Support	10:30am
Tuesday, Sept. 22nd	Blood Pressure Clinic	10:30am
Thursday, Sept. 24th	Advisory Board	9:30am
	Diabetes Support	1:00pm
Friday, Sept. 25th	RIPTA Bus Passes	11:30am
Monday, Sept. 28th	Computer Assistance	2:00pm

RIPTA ID Bus Passes

Friday, Sept. 25th
11:30am to 2pm

Photo identification bus passes are available to seniors and other qualified individuals with valid documentation. Identification cards for people with disabilities and senior passes will cost \$25.00 (cash only) and are valid for 5 years.

In order to obtain a replacement bus card you are required to return the damaged card. In the event a card is lost or stolen, a replacement card will be reissued upon notification to RIPTA. Bus card replacement fees for seniors and people with disabilities will be: \$10 the first replacement, \$15 the second replacement, and \$20 the third replacement and thereafter.



HAPPY LABOR DAY

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

It's happening at our Senior Center
Celebrate Life
September is Senior Center Month



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, Nurse Ext. 7
mmilner@cityofeastprov.com

Sue Doyle, Dining Room Ext. 2

Jose Pinheiro Facility Manager

Pat Thomas Receptionist

Connie Caetano Administration

Eleanor Monteiro Travel

Ed Daft Transportation

Steve Checrallah Transportation

Lee Wilber Transportation

Hilda Dewey Transportation

Advisory Board

Elaine Robinson Eleanor Monteiro

Angela Calarone-Byrd George Furtado

Ann Fagundes Ken Goucher

Jan Kinder Manny Larangeira

Donald Senna Maryann Leonardo

Senior Center Support Groups

Stroke Club

Wednesday, September 2nd

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, September 21st

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

Friday, September 18th

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, September 24th

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.

*610 Waterman Avenue
East Providence, RI 02914*

401.435.7800

Dining Room 401-435-7800 Ext. 2

www.eastprovidence.com

Country Gardens Health & Rehabilitation

Tuesday, Sept. 8th

10:30

In our Lobby

Country Gardens 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 acute illness, as well as the needs of our long-term patients. Country Gardens is located at GAR Highway, Swansea, MA. Call with any questions or to schedule a tour, 508-379-9700.



Carousel Office

Located on the lower level of the senior center is now open Monday—Friday 10am to 2pm.

Carousel Gifts and Souvenirs are available during the Carousel's open season. Please call first if you have any questions or need a special appointment, (401) 435-7518.

Permanent disposal unit is now located in the lobby of the East Providence Police Department

There is a new way to dispose of unwanted, unused and/or expired prescription drugs if you are an East Providence resident. A permanent disposal unit is now located in the lobby of the East Providence Police Department.

The following items are accepted in this disposal unit: prescriptions, prescription patches, prescription medications, prescription ointments, over the counter medications, vitamins, samples and pet medications.

Happiness isn't on the road to anything... happiness is the road.

Bob Dylan

SENIOR HAPPENINGS CALENDAR

	MONDAY	TUESDAY	WEDNESDAY
		1 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	2 7:00 Beginners Yoga 8:30 Clinical Lab 9:00 Walking Club 9:00 Blended Yoga 9:30 Scrabble 10:45 Chair Exercise 1:00 Cribbage 1:30 Stroke Club
	7 CLOSED LABOR DAY	8 9:30 Painting Class 9:30 Aerobic Exercise 10:45 Wii Bowling 10:30 Country Gardens 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	9 7:00 Beginners Yoga 9:00 Blended Yoga 9:00 Walking Club 9:30 Scrabble 10:30 Waterview Villa Blood Pressure 10:45 Chair Exercise 11:00 Food for Thought 1:00 Cribbage
	14 9:00 Yoga 10:30 Beginners Yoga 11:30 Smart Driving Course 1:00 Pokeno 2:00 Ballroom Dance 6:30 Fit Mix	15 9:30 Painting Class 9:30 Aerobic Exercise 10:45 Wii Bowling 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	16 7:00 Beginners Yoga 9:00 Blended Yoga 9:00 Walking Club 9:30 Scrabble 10:45 Chair Exercise 1:00 Cribbage
	21 9:00 Yoga 10:30 Beginners Yoga 10:30 Caregivers Support 1:00 Pokeno 2:00 Ballroom Dance 6:30 Fit Mix	22 9:30 Aerobic Exercise 9:30 Painting Class 10:45 Wii Bowling 10:30 Hattie Ide Blood Pressures 11:00 Tai Chi 1:25 Bingo	23 7:00 Beginners Yoga 9:00 Blended Yoga 9:00 Walking Club 9:30 Scrabble 10:45 Chair Exercise 1:00 RSVP Board 1:00 Cribbage
	28 9:00 Yoga 9:30 Diabetes Ed 10:30 Beginners Yoga 12:00 Flu Clinic 1:00 Pokeno 2:00 Ballroom Dance 2:00 Computer Assistance	29 9:30 Painting Class 9:30 Aerobic Exercise 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	30 7:00 Beginners Yoga 9:00 Blended Yoga 9:00 Walking Club 9:30 Scrabble 10:45 Chair Exercise 1:00 Cribbage

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ga e	3 7:30 Yoga 9:30 Aerobic Exercise 9:30 Therapeutic Touch 1:00 Bridge 1:00 Craft Group	4 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	
ga ures se ht	10 7:30 Yoga 9:30 Aerobic Exercise 9:30 Therapeutic Touch 11:00 SNAP ED 1:00 Bridge 1:00 Craft Group	11 9:30 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack	
ga e	17 7:30 Yoga 8:00 Podiatrist 9:30 Aerobic Exercise 9:30 Therapeutic Touch 10:30 Evergreen Blood Pressures 1:00 Bridge 1:00 Craft Group 1:00 AARP Board 1:30 Red Hats	18 9:30 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 12:45 InSight 1:20 Hi Lo Jack	
ga a e	24 7:30 Yoga 9:30 Aerobic Exercise 9:30 Advisory Board 9:30 Therapeutic Touch 1:00 Diabetes Support 1:00 Bridge 1:00 Craft Group	25 9:30 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 11:30 RIPTA 1:20 Hi Lo Jack	
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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.

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.

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.



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.

Weekly/Monthly Programs

MONDAY

9:00am Tax Preparation (Feb. & March)
 9:00am Intermediate Yoga
 9:00am Walking Club (May-Oct)
 10:30am Beginners Yoga
 10:30am Caregivers Support Group (3rd Mon)
 1:00pm Pokeno
 2:00pm Ballroom Dancing
 6:30pm 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 Beginners Yoga
 8:30am East Side Lab (1st Wed)
 9:00am Blended Yoga
 10:00am Scrabble
 10:45am Chair Exercise
 1:00pm Cribbage
 1:30pm Stroke Club (1st Wed)

THURSDAY

7:30am Yoga
 9:30am Aerobics Exercise
 12:45pm Bridge
 1:00pm Craft Class
 1:00pm Diabetes Support Group (4th Thurs)

FRIDAY

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

Daily

8am—4pm	Fitness Center
8am—4pm	Library
9am-11am	Coffee An
11:45am	Lunch
2:15pm	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	12:45pm
Hi Lo Jack League	Friday	1:20pm

Computer/IPad Assistance

Monday, Sept. 28th
 2pm to 4pm

On the last Monday of every month, two students from MTTI career training school assist any member with computer or Ipad questions. These volunteers do not work on individual's personal computer problems but on software education ie: internet, email, word, excel.

Gift Shop

The gift shop, located near the dining room, has many different items for the convenience of the seniors. Small items from candy, crackers, greeting cards to jewelry, handmade items and crafts. Proceeds benefit both the center and RSVP.

Wellness Spotlight

Yoga and Blended Yoga Class \$3

Yoga classes at the EPSC 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.

Intermediate Yoga is offered on Monday at 9:00 AM and Thursday at 7:30AM. It is appropriate for anyone who has some familiarity with yoga and is generally fit.

Beginner Yoga follows at 10:30 AM. This class is an introductory class for those who wish to find out whether yoga is right for them. No prior experience is needed.

On Wednesdays at 9:00 AM is the **Yoga and Bone Builders Blend**. We 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).

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.

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 every Friday from 10:30-11:30am. If you have any questions about your workout or the equipment see Mike.

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

Smart Driving Course

Monday, September 14th

11:30am

AARP introduces a new "Smart Driver Program". Formerly, "AARP Driver Safety", 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 \$15.00 for AARP members and \$20.00 for non-members.

NO TESTS!

Tony Ballirano, Deputy State Coordinator, will be conducting this program which is open to all. 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 or

SENIOR CENTER TRAVEL

Sept. 14-17th **Wildwood NJ \$360.00** to include: 3 Nights' Accommodations, 3 Breakfasts, 3 Dinners, a Show at Performing Arts Center, Cocktail Party & Entertainment, Gala Evening w/Dinner, Dancing & Prizes, a Day in Atlantic City, 50's Themed Cool Scoops Ice Cream Social and Fox Motor Coach.

Nov. 30 – Dec. 2nd **Indian Head Resort \$289.00** to include: 2 Nights' Accommodations, Luncheon, Dinner, Welcome Cocktail Reception, Breakfast, Entertainment Dancing and a Show, Fox Motor Coach.

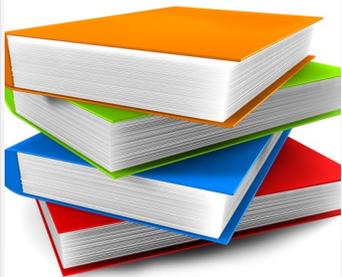
Sign up at the E. Providence Senior Center Administration Office (401) 435-7800

or

Call: Eleanor Monteiro at (401)434-8194 –28 Metacomet Avenue, Rumford, RI 02916

NO CALLS BEFORE 9:00AM OR SUNDAYS "PLEASE"

PLEASE MAKE YOUR RESERVATIONS EARLY



Senior Center Book Sale

Monday October 5th
Thru

Friday October 9th

Great assortment of hard cover books
to chose from.

Books will be located in the

Library



DVD Collection

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

New Credit Card Scam: Stealing Security Codes

The three- or four-digit security codes printed on credit and debit cards are meant to protect you from criminals who want to charge purchases to your account. But criminals—who already have their hands on millions of stolen card account numbers—are tricking card holders into revealing the codes as well.

The scam works like this: You receive a phone call from someone who claims to work in your card issuer's fraud—prevention department. The caller reads your credit card account number to you and says that suspicious transactions have been identified on the account, then asks you to confirm whether you made a particular purchase. When you say you did not, the caller tells you not to worry because a new account number will be issued and you won't be responsible for any fraudulent charges. But first you have to provide the security code to prove that the card still is in your possession. If it is not, you might be responsible for some of the fraudulent charges, the caller claims.

Even savvy consumers fall for this scam because the caller already knows the card account number, making it easier to convince you that it is the card issuer calling.

What to do: If a caller claims to be from your card issuer's fraud-prevention department, ask for the caller's name and/or employee ID, hang up, then call the 800-number on the back of your card and ask to speak to the fraud-prevention department or that particular employee. If the call was not from the card issuer, explain that your account number likely has been stolen. The issuer will give you a new card with a new number.

WARNING

PROVIDENCE, R.I. (WPRI) — Police are issuing a warning that skimmers are being attached to ATMs at an alarming rate nationwide, allowing thieves to download users' bank information.

The problem with skimming devices is that they look like they actually belong on ATMs, and it tricks thousands of people into unknowingly swiping their debit cards.

"Unless you know what you're looking for, you may not even know it's there," said Det. Sam Clemens.

The most common card skimmers fit over an existing card reader. Most of the time, the crooks will also place a hidden camera somewhere in the vicinity with a view of the number pad.

Police say the best way to protect your account is to shield your pin number.

"Even if there's nobody around, it's still a good idea to place a hand above the keypad when you enter your pin number," said Clemens.

Thieves often like to put skimmers on gas pumps and ATMs, since there's usually a lot of traffic and they can easily be retrieved.

It's a good idea to look at other nearby card readers to see if they match the one you're using. Also, trust your instincts. If you get a sense that something looks off about the card reader, don't use it.

If you're using your debit card at a gas pump, avoid using your PIN number by pressing the credit button.

Most customers have no idea they were victimized by skimming until their accounts were cleaned out. Many banks will help to reimburse customers as fast as possible.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Funded in part by the U.S. Administration on Aging and State funds through the RI Division of Elderly Affairs.</i></p>	<p>1 Low Sodium V-8 Juice Meatloaf w/Gravy Whipped Potatoes Seasoned Green Beans Sliced Peaches Wheat Bread (Chicken Salad on Wheat)</p>	<p>2 Barley Soup Veal Cutlet w/ Marinara Sauce Seasoned Ziti Italian Blend Vegetables Frosted Brownie Italian Bread (Salami & Provolone w/Mustard on Italian Bread)</p>	<p>3 Chicken Soup Pork Loin w/Gravy Rice Pilaf Sliced Carrots Fresh Fruit Dinner Roll (Egg Salad on White)</p>	<p>4 Minestrone Soup Shepherds Pie Brussel Sprouts Lemon Pudding Garlic Stick (Italian Grinder)</p>
<p>Labor Day</p>	<p>8 Pasta & Bean Soup Florentine Fish Oven Roasted Potatoes Cauliflower & Pimentos Ice Cream, Marble Bread (Sliced Chicken & Cheese on Marble)</p>	<p>9 Onion Soup w/CROUTONS Salisbury Steak w/Gravy Buttered Noodles Mixed Vegetables Coffee Cake; Whole Wheat Roll (Tuna Salad on Wheat)</p>	<p>10 Chili Soup Grilled Chicken Breast Red Bliss Mashed Potatoes Tomato Half Mandarin Oranges, Rye Bread (Corned Beef & Swiss w/Mustard on Rye)</p>	<p>11 <u>Brunch</u> Orange Juice Plain Omelet w/Tomato Slice Crispy Cubed Potatoes Fresh Fruit Cup</p>
<p>14 Italian Wedding Soup Meatballs w/Sauce Pasta w/Sauce Capri Blend Vegetables Tapioca Pudding, Italian Bread (Turkey Salad on Italian Bread)</p>	<p>15 Egg Drop Soup Orange Glaze Chicken Vegetable Egg Roll Oriental Blend Vegetables Lorna Dune Cookies White Bread, (Tuna on White)</p>	<p>16 Lentil Soup Italian Sausage on a Roll Peppers & Onions Carrot Slaw Sports Bar (Chicken Sausage on a Roll)</p>	<p>17 <u>Happy Birthday</u> Chicken Escarole Soup French Meat Pie w/Ketchup Green beans, Frosted Cupcake Pumpnickel Bread (Ham Salad on Pumpnickel)</p>	<p>18 Red Chowder Baked Lemon Fish Mashed Potatoes Broccoli Cuts Sliced Pears, Multi Grain Bread (Pastrami & Swiss on Multi Grain)</p>
<p>21 Split Pea Soup Baked Ham w/Pineapple Glaze Sweet Potato California Blend Vegetables Oatmeal Raisin Cookies Wheat bread (Egg Salad on Wheat)</p>	<p>22 Chicken & Orzo Soup Beef Wellington w/Ketchup Asparagus Cuts Pineapple Chunks Snowflake Roll (Italian Tuna on a Roll)</p>	<p>23 Tomato & Rice Soup Antipasto Salad (Lettuce w/Assorted Meats & Cheeses w/Dressing) Pudding Garlic Bread (Chicken Salad on a Croissant w/Small Salad)</p>	<p>24 Vegetable Soup Italian Style Chicken Cutlet Wild Rice Zucchini Apricot Half Oatmeal Bread (Seafood Salad on Oatmeal Bread)</p>	<p>25 Seafood Gumbo Potato Crunch Fish w/Tartar Sauce Au Gratin Potatoes 3-Bean Salad Cake Wheat Bread (Roast Beef & Cheese w/Mayo on Wheat)</p>
<p>28 Chicken Soup w/Anci de Pepe Sloppy Joe Cole Slaw Ice Cream Sandwich Wheat Hamburger Roll (Turkey & Cheese on Wheat Roll)</p>	<p>29 Lemonade Low Sodium Hot Dog on Roll Baked Beans w/ condiments Mixed Vegetables Fresh Fruit (Hamburger on a Roll w/condiments)</p>	<p>30 Broccoli & Cheddar Soup Baked Chicken Leg Quarter Corn Bread Stuffing Prince Edward Vegetables Unsweetened Apple Sauce Rye Bread Ham & Cheese w/Mustard on Rye (Honey)</p>	<p>Reservations Or Cancellations</p>	<p>435-7800 Ext.2</p>