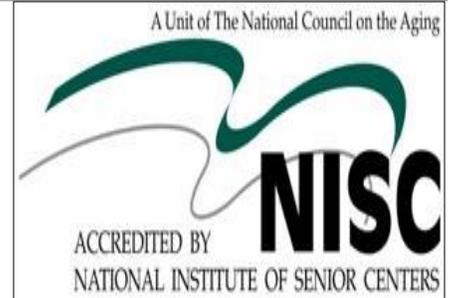


EP Senior Activity Center

“THE SENIOR VOICE”

June 2015



Summer Begins

Summer is the warmest of the four temperate seasons, falling between spring and autumn.

During the summer solstice, the days are longest and nights shortest, with day-length decreasing as the season progresses after the solstice.



DVD Collection

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

“Any fool can be a Father, but it takes a real man to be a Daddy!!
Philip Whitmore

"The most important thing a father can do for his children is to love their mother."
Unknown

“Fathers are angels sent from heaven”.
Unknown

“Fathers, be good to your daughters. You are the god and the weight of her world”.
John Mayor

"Father I will always be that same boy who stood by the sea and watched you tower over me now I'm older I wanna be the same as you"
Yellowcard

*610 Waterman Avenue
East Providence, RI 02914
401.435.7800*

Fax: 401.435.7803

*Dining Room 401-435-7800 Ext. 2
www.eastprovidence.com*

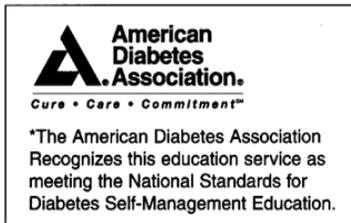
HEALTH WATCH

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, June 2nd 9-11:00am.

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

Clinical Lab

Wednesday, June 3rd 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, June 25th 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.

Blood Pressure Clinics

10:30am

Friday, June 5th

Sponsored by Orchard View Manor

Wednesday, June 10th

Sponsored by Waterview Villa

Thursday, June 18th

Sponsored by Evergreen House

Tuesday, June 23rd

Sponsored by Hattie Ide Chaffee

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.

Nurses dispense
comfort, compassion,
and caring without even
a prescription.

Val Saintsbury

Walkers!!

Each Monday at 9:00 am
Meet in the front lobby.

This group walks on a measured one-half mile track on the center campus.

Walk with a friend or alone at your own pace, just get out and participate in this low-impact, enjoyable and very good exercise.

Therapeutic Touch is returning to the senior center.

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 will be provided by Eleanor Leighton, R.N.

Eleanor will be 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

Turn Your Walk **Into a Workout**

Walking is as simple as it gets for **exercise**. All you need is a good, supportive pair of walking shoes. "Just a few extra steps each day is a simple and easy way to take an active role in maintaining a significantly healthier life," says Timothy Gardner, MD, past president of the American **Heart Association**.

Get Started

Set a baseline. If you're not active now, "start walking three times a week at a stroll for 20 minutes," says Courtenay Schurman, author of *The Outdoor Athlete*. Work your way up to five or so times a week, 30 minutes per session, for a total of 2.5 to 3 hours per week.

Choose distance or time. Some walkers focus on distance, others target time. "Ultimately, it's about speed," Schurman says. "If you can walk 5 miles but it takes you 5 hours to do it, it's not a fit level of work. So use both distance and time as well as **heart rate**."

If you are gasping for air, slow down. If you can say several phrases with one breath, you may not be working hard enough.

4 Ways to Check the intensity. **Exercising** at a particular heart rate shows you how hard you're working. You can check your pulse or by wearing a heart rate monitor.

What should your heart rate be? "Most recommendations suggest starting out at 70% to 75% of your maximum heart rate," Schurman says. "But this may not be enough if you're fit."

You can also use the "talk test" to gauge your exercise intensity. "If you can string together six to eight words or chat briefly, you're in your aerobic zone," Schurman says.

Stay Motivated

Wear a pedometer. Bit by bit, boost your daily steps. Keep it up until you reach 10,000 steps a day.

Keep a walking journal. Whether you journal online or with pen and paper, it's motivating to see your progress.

Get a walking partner. "A walking buddy provides accountability," Valentour says. "Neither wants to let the other person down."

THE
UNIVERSITY
OF RHODE ISLAND



Healthy Servings for Seniors

You are invited to 5 **free** nutrition workshops this summer. Learn how to **make smart food choices, shop healthy on a budget,** and **taste delicious healthy recipes** made with fresh, local fruits and vegetables.

*Thursday, **June 25th** at 11:00 am –12:00 pm*

*Thursday, **July 9th** at 11:00 am –12:00 pm*

*Thursday, **July 23rd** at 11:00 am –12:00 pm*

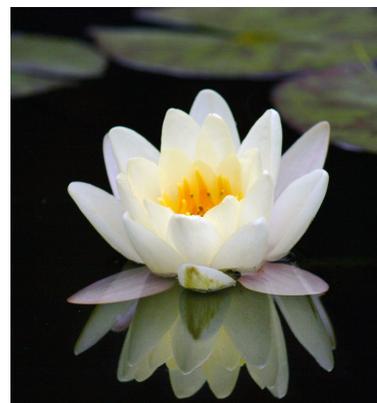
*Thursday, **August 6th** at 11:00 am –12:00 pm*

*Thursday, **August 20th** at 11:00 am –12:00 pm*



June Features

Monday, June 1st	AARP Smart Driving	11:30am
Tuesday, June 2nd	Health Screening	9:00am
Wednesday, June 3rd	Clinical Lab	8:30am
	Diabetes Ed Class	9:30am
	Stroke Club	1:30pm
Thursday, June 4th	SNAP Ed	11:00am
Friday, June 5th	Blood Pressure Clinic	10:30am
Wednesday, June 10th	Diabetes Ed Class	9:30am
	Blood Pressure Clinic	10:30am
	Food for Thought	11:00am
Monday, June 15th	Caregiver's Support	10:30am
Tuesday, June 16th	Winslow Gardens	10:30am
Thursday, June 18th	Blood Pressure Clinic	10:30am
	AARP Board Meeting	1:00pm
	Red Hatters	1:30
Friday, June 19th	INSight	12:45pm
Tuesday, June 23rd	Washington Trust Bank	10:30am
	Blood Pressure Clinic	10:30am
Thursday, June 25th	Podiatrist	8:00am
	Advisory Board	9:30am
	SNAP Ed	11:00am
	Diabetes Support	1:30pm
Monday, June 29th	Computer Assistance	2:00pm
Tuesday, June 30th	RI Resource & Recovery	10:30am



Meditation may seem like a passing trend, but the newly popular practice touts some serious health benefits. Om-ing is optional, but regularly taking 10-20 minutes to unwind and focus on yourself is one of the greatest secrets to longevity. "Meditation is going to help with stress reduction, better sleep, lower blood pressure, improved immunity and improved cardiovascular function," says Kerry Bajaj, a certified health coach at the Eleven Eleven Wellness Center in New York City. It's also going to make you feel much better because you're disconnecting from all the stimulation of life.

Fridays @ 11am

East Providence Senior Center Hosts
Congressman David Cicilline's
Senior Resource Fair
Tuesday, June 30th
5-7pm

Numerous Federal & State Agencies will take part in this informational fair.

WE SERVE

THE MISSION OF THE
EAST PROVIDENCE SENIOR CENTER

“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

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mcarroll@cityofeastprov.com

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

Mary Jane Milner, Nurse Ext. 7
mmilner@cityofeastprov.com

Cindy DeMedeiros, Dining Room Ext. 2

Jose Pinheiro Facility Manager

Pat Thomas Receptionist

Connie Caetano Administration

Eleanor Monteiro Travel

Ed Daft Transportation

Steve Checralah 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 Mary Ann Leonardo

Senior Center Support Groups

Stroke Club

Wednesday, June 3rd

1:30pm - 3:00pm

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

Caregiver's Support

Monday, June 15th

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, June 19th

12:45pm - 3:00pm

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

Diabetes Support

Thursday, June 25th

1:00pm - 2:30pm

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

"Volunteers don't get paid, not because they're worthless,
but because they're priceless. If we can volunteer when we
can to help others, both of us will be rewarded.

Sherry Anderson

Permanent disposal unit in the lobby of the 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 which is located at 750 Waterman Avenue in East Providence. The unit was obtained through a CVS grant written collaboratively by the East Providence Police Department and East Providence Prevention Coalition. The unit is available 24 hours a day, 7 days a week.

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. The following items are not accepted in this disposal unit: needles, hydrogen peroxide, inhalers, ointments, lotions, liquids, aerosol cans, thermometers and medication from clinics. Any type of needles are accepted by AIDS Care Ocean State's ENCORE Needle Exchange Program, RI's only needle exchange program. Call 781-0665 for more info or drop them at their facility located at 557 Broad Street in Providence. They have limited hours and it's best to call first.

Tuesdays in our lobby

10:30-12:00

Winslow Gardens

June 9th

Local independent, assisted,
and nursing facility.

The Washington Trust Company

June 23rd

Stop by and meet Rumford Branch Manager, Saleh Yassine and Mortgage Loan Officer, Scott Haggerty.

RI Resource & Recovery

June 30th

Learn about the new items added to this
years recycling list.



LOOK YOUNGER WITH YOGA

Taking your work angst out on the bike or treadmill might make you feel better for a little while, but incorporating yoga into your fitness routine regularly may help you look younger and prevent breakouts while whittling away stress.

“Yoga moves like Child’s Pose, Downward-Facing Dog, and Sun Salutations improve circulation -- the boost of oxygen is what gives skin that lovely yoga glow,” says Hema Sundaram, a Washington, DC–area dermatologist. Research shows regular yoga practice may reduce the inflammation and stress that speed skin aging.

If you need another reason to om away your stress: High levels of tension can spike hormone production that leads to breakouts or aggravates conditions such as psoriasis.

“Controlling stress keeps your skin calm,” says Los Angeles dermatologist Annie Chiu.

- Prevention magazine

Mondays

9am & 10:30am

Wednesdays

7am & 9am

Thursdays

7:30am

SENIOR HAPPENINGS CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	9:00 Yoga 10:30 Beginners Yoga 11:30 Smart Driving Course 1:00 Pokeno 2:00 Ballroom Dance 6:30 Fit Mix	2 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	3 7:00 Beginners Yoga 8:30 Clinical Lab 9:00 Blended Yoga 9:30 Scrabble 9:30 Diabetes Ed 10:45 Chair Exercise 1:00 Cribbage 1:30 Stroke Club	4 7:30 Yoga 9:30 Aerobic Exercise 9:30 Therapeutic Touch 11:00 SNAP ED 1:00 Bridge 1:00 Craft Group	5 9:30 Scrabble 10:30 Orchard View Blood Pressures 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack
8	9:00 Yoga 10:30 Beginners Yoga 1:00 Pokeno 2:00 Ballroom Dance 6:30 Fit Mix	9 9:30 Painting Class 9:30 Aerobic Exercise 10:45 Wii Bowling 10:30 Winslow Gardens 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	10 7:00 Beginners Yoga 9:00 Blended Yoga 9:30 Scrabble 9:30 Diabetes Ed 10:30 Waterview Villa Blood 10:45 Chair Exercise 11:00 Food for Thought 1:00 Cribbage	11 7:30 Yoga 9:30 Aerobic Exercise 9:30 Therapeutic Touch 1:00 Bridge 1:00 Craft Group	12 9:30 Scrabble 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack
15	9:00 Yoga 10:30 Beginners Yoga 10:30 Caregivers Support 1:00 Pokeno	16 9:30 Painting Class 9:30 Aerobic Exercise 10:45 Wii Bowling 11:00 Tai Chi 12:30 Painting Class	17 7:00 Beginners Yoga 9:00 Blended Yoga 9:30 Scrabble 10:45 Chair Exercise 1:00 Cribbage	18 7:30 Yoga 9:30 Aerobic Exercise 9:30 Therapeutic Touch 10:30 Evergreen Blood Pressures	19 9:30 Scrabble 10:45 Chair Exercise 11:00 Meditation 12:45 InSight 1:20 Hi Lo Jack

	2:00 Ballroom Dance 6:30 Fit Mix	1:25 Bingo		1:00 Bridge 1:00 Craft Group 1:00 AARP Board 1:30 Red Hats	
22	9:00 Yoga 10:30 Beginners Yoga 1:00 Pokeno 2:00 Ballroom Dance 6:30 Fit Mix	23 9:30 Aerobic Exercise 10:45 Wii Bowling 10:30 Washington Trust Bank 10:30 Hattie Ide Blood Pressures 11:00 Tai Chi 1:25 Bingo	24 7:00 Beginners Yoga 9:00 Blended Yoga 9:30 Scrabble 10:45 Chair Exercise 1:00 RSVP Board	25 7:30 Yoga 8:00 Podiatrist 9:30 Aerobic Exercise 9:30 Advisory Board 9:30 Therapeutic Touch 11:00 SNAP Ed 1:00 Diabetes Support 1:00 Bridge 1:00 Craft Group	26 9:30 Scrabble 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack
29	9:00 Yoga 10:30 Beginners Yoga 1:00 Pokeno 2:00 Ballroom Dance 2:00 Computer Assistance	30 9:30 Painting Class 9:30 Aerobic Exercise 10:30 RI Resource And Recovery 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo 5:00 Senior Resource Fair			

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, June 29th
 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

Support Groups

Diabetes Support 1:00pm - 2:00pm

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.

SENIOR CENTER TRAVEL

June 6th **Foxwoods/Captain Jack's \$72.00** to include: Foxwoods Bonus, choice of Lobster or Prime Rib Dinner and Fox Motor Coach.

June 17th **Gloucester Lobster Cruise \$84.00** to include: Cruise on the new Beauport Princess Cruise Ship, a fantastic meal of Caesar Salad, NE Clam Chowder, St. Joseph's Bread of the Fishermen, Steamed Lobster, Baked Haddock, Steamer Clams, Corn on the Cob, Chocolate Mousse and Fox Motor Coach.

June 27th **Provincetown Portuguese Festival \$45.00:** Visit the food courts for authentic Portuguese cuisine, live entertainment. Motor coach transportation.

July 8th **Spirit of Boston \$75** to include: Cruise, buffet menu of Alaskan Salmon, Crabmeat Stuffed Sole, Chicken Julienne, or Asian Pepper Steak, Salad, Vegetables and Deserts, Entertainment and stop at Boston's North End and Shop in the boutiques, wine, cheese & pastries abound, and Fox Motor Coach.

Aug. 1st **Foxwoods/Captain Jack's \$72.00** to include: Foxwoods Bonus, choice of Lobster or Prime Rib Dinner and Fox Motor Coach

Aug. 12th **Salem, Gloucester and Rockport \$74.00** to include: the Peabody Essex Maritime Museum, Luncheon at the Gloucester House Restaurant, choice of Baked Scrod or Baked Chicken, Strawberry Shortcake, visit to Rockport, and Fox Motor Coach

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



Passwords

Officials are always urging consumers to change their passwords to hold off hackers.

According to security experts, many hacking victims are making it easy for thieves to gain access to their accounts.

Slash data found that the most common passwords among Americans are 1-2-3-4-5-6, the word "password", and QWERTY, the first six letters in the top row of the keyboard.

Consumers should avoid using the same password on multiple accounts or web sites.

It is important to change your passwords every 30 days and make them as unique as possible so only you know what it is.

Credit Cards

The one thing most schemers cannot get from hacking into your credit card is your three digit security code on the back of your card.

Naturally, they are hoping you can give them that number.

The calls usually start with someone posing to be from your credit card company, saying they have noticed big purchases have been made to the account.

The caller says they will open a fraud investigation, giving you a fake reference number. But then they will ask for your three digit security code, which is a big red flag to hang up the phone.

Even though you may not give your entire card number, the security code is likely the only thing they will need.

The schemers will do their best to trick you into giving them more information.

WHAT TO DO

- Hang up the phone immediately
- Double check for unauthorized charges
- Call your credit card company with the phone number on your card

Warn your credit card company about the phone call
Remember to never give out your personal information over the phone.

By the Numbers

59

New members in the first four months of the year

4

New exercise equipment in our fitness room

4

New computers in the computer lab

5471

Meals served in the first four months of the year

8

Mistakes Bob has made in the first four newsletters this year

