



# EAST GREENWICH SENIOR NEWSLETTER

Volume 14 • No. 2

February 2018

All programs and services are located at the Swift Community Center  
121 Peirce Street  
401-886-8669

## STAFF

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Meal Site Supervisor

Funding for programs and services is provided by the Town of East Greenwich.

If you would like to register for a program, please stop by the Swift Community Center Monday through Friday from 8:30 a.m. - 4:30 p.m. or call 886-8669. Lunch is served at noon, Monday through Friday.

For lunch reservations, please call 886-8638.

## From the Director

**Free Income Tax Assistance** Volunteers trained by AARP Tax Aide will be available at Swift on Wednesdays until April 11th. This is a free service for seniors and low income residents. Reservations are required (no walk-ins will be seen). Please contact Erin at emcandrew@eastgreenwichri.com or 886-8669, ext. 1. Please bring a social security card and photo ID for all individuals listed on the tax return, as well as all tax documents and last year's tax return.

**Valentine's Day Luncheon** tickets will be on sale at Swift through Wednesday, February 7th or until they are sold out. The meal will be served at Swift on Wednesday, February 14th at noon. Please see the enclosed menu for details about the meal. Tickets are a suggested \$3 donation and must be purchased at Swift.

**Saint Patrick's Day Luncheon** tickets will go on sale at Swift on Monday, February 5th. Tickets will be on sale until Wednesday, March 7th or until they are sold out. Tickets are a \$3 suggestion donation and must be purchased at Swift.

**All Nurse Clinics include blood pressure and heart rate checks:** Amy Craig from WellOne in North Kingstown will be at Swift on Friday, February 2nd from 10:00-11:45 a.m.

Reginald Wilcox, Director of Admissions for South County Nursing and Rehabilitation, will be at Swift on Thursday, February 8th from 10:30 a.m.-12:00 p.m.

Samantha Machado, a registered nurse from Cathleen Naughton Associates, provider of Home Health Services and a member of the Saint Elizabeth Community, will be at Swift on Monday, February 12th from 11:30 a.m.-1:00 p.m.

Rhonda Brunner, a registered nurse with Visiting Nurses Services of Home Health Services, will be at Swift on Tuesday, February 20th from 12:30-2:00 p.m. Tests for blood sugar are available for \$1. Cholesterol tests are available for \$5.

Dana Tessier, a registered nurse with Bayada Home Health Care, will be at Swift on Wednesday, February 28th from 12:15-1:15 p.m.

Please contact Erin at 886-8669, ext. 1 or [emcandrew@eastgreenwichri.com](mailto:emcandrew@eastgreenwichri.com) to register for a program, unless otherwise noted.

**Inclement Winter Weather Policy** Senior Services will post cancellations on television and radio stations. Participating television stations are Channels 6, 10 and 12. Our cancellation information will be listed on the Rhode Island Broadcasters website. Please go to [www.ribroadcasters.com](http://www.ribroadcasters.com) and click on View Current Closings. A recording will also be listed on Erin's voice mail at 886-8669, ext. 1.

**Social Services Assistance** Carol Tudino is a trained SHIP councilor (State Health Insurance Assistance Program). The goal of SHIP is to provide seniors with access to accurate, unbiased health insurance information, counseling and assistance free of charge. Carol is available during the year for anyone turning 65 who needs to choose a Medicare Part B insurance supplement or advantage plan. Appointments are required; contact Carol at [ctudino@eastgreenwichri.com](mailto:ctudino@eastgreenwichri.com) or 886-8638.

The Rhode Island Parent Information Network (RIPIN) is working with the Executive Office of Health and Human Services to provide a free program to assist older adults who may be experiencing Medicaid or Medicare issues, especially those who have Neighborhood INTEGRITY. The program is called the **RIPIN Healthcare Advocate**. Representatives will offer a free presentation at Swift on Wednesday, February 7th at 1:00 p.m. Pre-registration is required.

A **Caregiver Support and Resource Group** will be offered at Swift on the second Wednesday of each month from 10:00 – 11:00 a.m. The February date is the 14th. The group will be facilitated by Carly Hague, Program Director, Cornerstone Adult Services. This monthly meeting is an opportunity to discuss caregiving needs, and/or to obtain resource information to help meet needs. Participants can attend monthly or as needed. There will be time for questions about resources for senior care in Rhode Island and for discussion. Pre-registration is not required.

The **Alzheimer's Association** will offer a free presentation "Know the 10 Signs" at Swift on Thursday, February 15th from 10:00 - 11:00 a.m. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease. Pre-registration is required.

**Burial Insurance** John Andrews from Safe Guard Family Life Insurance will offer a free presentation at Swift on Wednesday, February 21st at 1:00 p.m. Free information is available about a new low cost burial insurance plan that was approved in Rhode Island for those who are 50 - 80 years of age without a medical exam. This plan was designed to cover 100% of funeral expenses with no waiting period. Don't be misguided, misinformed, nor misled, learn how to avoid a funeral crisis and learn about the Top Funeral Planning Options that are now available. Pre-registration is required.

**Health Care Presentation** Connie Ducharme, a nurse care manager at Integra Community Care Network, is working with senior centers throughout the state to help educate community dwelling seniors about palliative care, geriatrics and the importance of aligning care with patient's wishes. Connie will offer a free presentation at Swift on Wednesday, February 28th from 1:00 - 2:00 p.m. Connie is focused on educating patients and families in order to help them understand their diagnosis and prognosis, as well as assist them in clearly articulating their wishes. Connie also talks about The Conversation Project, a nationwide initiative that encourages patients and families to talk about what matters most to them. Pre-registration is required.

Please contact Erin at 886-8669, ext. 1 or [emcandrew@eastgreenwichri.com](mailto:emcandrew@eastgreenwichri.com) to register for a program, unless otherwise noted.

### Coming in March...

**Annual Membership Drive!** We would like to thank the 800+ members who renewed their membership or became new members in 2017! We will be renewing memberships and accepting new memberships throughout the month of March. The fee is \$5 per person/per year. Membership benefits include receiving the newsletter by mail, discounts on classes and preference when registering for special trips. Please stop by the Swift Community Center and see Erin or Carol to pay the membership fee or send a \$5 check made payable to "Town of East Greenwich" to: Town of East Greenwich, Attn: Senior Services, P.O. Box 111, East Greenwich, RI 02818.

**Free Legislative Leaders Forum** at the Crowne Plaza on Tuesday, March 6th from 10:00 - 11:00 a.m. House Speaker Mattiello and Senate President Ruggiero will be present to answer questions about senior issues. The forum is sponsored by the Senior Agenda Coalition of RI and the number one priority of the forum is to ask for a major increase in funding for Senior Centers. Pre-registration is required. Please contact Erin if you would like to attend. Transportation is available!

**TRIPS:** The Senior and Human Services bus is accessible to East Greenwich residents ages 55 and over and residents with disabilities. The bus lift will accommodate persons using wheelchairs, walkers, crutches, canes, braces, etc. or who otherwise have difficulty using steps. The bus will pick up and drop off East Greenwich residents at their residence. Non-residents can meet the bus at the Swift Community Center. Passengers are required to have a completed application form on file. Please contact Melaine Potrzeba at 886-8669, ext. 3 for an application or to make a transportation reservation. Reservations are required at least 24 hours in advance. Bus fees are \$10 for one month unlimited use or \$2 per trip. Special day trips may not be included with the monthly bus pass.

### **February 7th, 13th & 28th: Shopping from 1:00 to approximately 3:00 p.m.**

The bus begins picking up passengers at 1:00 p.m. and takes them to the following destinations:

**1st Stop:** Stop & Shop Plaza on Frenchtown Road in North Kingstown

**2nd Stop:** T.J. Maxx Plaza on Post Road in North Kingstown

**3rd Stop:** Dave's Market Plaza in Quonset, North Kingstown

Passengers choose the plaza they would like to visit, but it is not possible to visit multiple plazas. Passengers will have approximately one hour and 30 minutes at the Stop & Shop Plaza, one hour and 20 minutes at the T.J. Maxx Plaza and one hour and 15 minutes at the Dave's Market Plaza.

### **Wednesday, February 21st Showcase Cinema: \$10 for a movie, small drink & small popcorn**

The bus will leave Swift at 1:00 p.m. and return at approximately 4:30 p.m.

Participants choose the movie they would like to see with a start time at approximately 2:00 p.m.

### **Friday Retail Shopping Trips: Pick up begins at 9:00 a.m.**

**February 2nd:** Aldi's and Denny's for lunch on own

**February 9th:** North Kingstown Walmart and The Homestead for lunch on own

**February 16th:** JoAnn's, Michael's, Bed, Bath & Beyond and Chic-Fil-A for lunch on own

**February 23rd:** Christmas Tree Shop Plaza and Applebee's for lunch on own

# FEBRUARY 2018: LUNCH MENU

Coffee, tea, 1% milk and dessert are included with each meal

<p>Lunch is served at noon (\$3 suggested donation). To make a reservation, please call Carol at 886-8638. Reservations are required by WEDNESDAYS.</p>	<p><b>PLEASE INFORM YOUR SERVER IF YOU HAVE A FOOD ALLERGY</b></p>	<p><b>MENU SUBJECT TO CHANGE</b></p>	<p>1 Cauliflower Soup Cranberry Balsamic Chicken Roasted Potatoes Sliced Carrots (Chicken Salad Club on Wheat)</p>	<p>2 Venus de Milo Soup, Sausage and Peppers on Wheat, Mixed Vegetables, Chips (Chicken Cesar Salad)</p>
<p>5 Mushroom Barley Soup BBQ Chicken Potato Salad Corn Bread (Tuna Salad on a Wheat Roll)</p>	<p>6 Chicken Soup Baked Ziti with Cheese and Meatballs, Salad Garlic Bread (Spinach Salad with Chicken)</p>	<p>7 French Onion Soup Pork Chop Suey Fried Rice Asian Green Beans (Turkey and Swiss on a Wheat Roll)</p>	<p>8 Lentil Soup French Dip Sandwich on Wheat Curly Fries Brussel Sprouts (Chef Salad)</p>	<p>9 Kale and Navy Bean Soup Cod Pizzaiola Rice Florentine Broccoli (Roast Beef on a Wheat Roll)</p>
<p>12 Minestrone Soup Wheat Pasta with Sausage and Escarole Cesar Salad (Cobb Salad)</p>	<p>13 Split Pea Soup Stuffed Pepper Roasted Chicken Drumstick Wheat Roll (Greek Salad with Chicken)</p>	<p>14 <b>TICKET REQUIRED</b> Ital. Wedding Soup Prime Rib w/Gravy Roasted Potatoes Wax Beans, Biscuit (Egg Salad)</p>	<p>15 Fresh Fruit Chili Con Carne Whole Grain Wild Rice Roasted Zucchini (Chicken Salad Plate)</p>	<p>16 Veg. Noddle Soup General Tso's Chicken Veg. Lo Mein Eggroll (Seafood Salad)</p>
<p>19 <b>CLOSED ENJOY THE HOLIDAY!</b></p>	<p>20 Chicken Rice Soup Pork Loin with Gravy, Mashed Cauliflower Peas &amp; Carrots (BLT on Wheat)</p>	<p>21 Black Bean Soup Spanish Meatballs Whole Grain Wild Risotto Baby Carrots (Tuna Salad Plate)</p>	<p>22 <b>BIRTHDAY MEAL</b> Tomato Soup Chicken Cordon Bleu with Gravy Mashed Potatoes Mixed Vegetables (Salad w/ Chicken)</p>	<p>23 RI Clam Chowder Fish and Chips Cole Slaw  (Corned Beef Rubeen on Rye)</p>
<p>26 Cream of Broccoli Soup Chicken Parmesan with Wheat Pasta Green Beans (Meatball Sub on a Wheat Roll)</p>	<p>27 Fresh Fruit Irish Stew Tossed Salad Biscuit (Beet Salad with Chicken)</p>	<p>28 Strawberry Mango Salad Beef Tacos Spanish Rice Chopped Salad (Italian Grinder on a Wheat Roll)</p>	<p>Happy Birthday to everyone born in February! We will celebrate February birthdays with a special meal and cupcakes on 2/22.</p>	



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❁ **SALT & SAND AVAILABLE FOR EAST GREENWICH RESIDENTS** ❁

The East Greenwich Rotary Club and the Department of Public Works are providing salt and sand mix for East Greenwich residents (ages 60 and over who do not reside in a housing authority property). Residents who participated in the program in 2017 can have their bucket refilled. Residents who have not previously participated in the program will receive one new bucket of salt and sand mix. The Rotary Club will refill and deliver new buckets to residences on Saturdays; February 3rd and 10th. Pre-registration is required. The registration deadline is Thursday, February 1, 2018. Buckets are limited, early registration is encouraged. To register please contact Erin at 886-8669, ext. 1 or emcandrew@eastgreenwichri.com.

**Class Fees:**

**M = Member**

**NM = Non-Member**

**Membership is \$5 p/per - p/yr**

**Please note:** You should always consult your physician before beginning any exercise program. All fitness program participants must sign a **Release of Liability and Assumption of Risk Agreement** prior to their first class. Forms are available at the Swift Community Center, Monday - Friday between 8:30 a.m. - 4:30 p.m. Fitness participants must wear sneakers with closed toes, non-slip soles, a backing and laces to exercise classes. Participants should wear breathable, loose fitting clothing and bring water.

**Mondays**

**Sing-A-Long Group** Join volunteer leader Gen Meegan on February 12th and 26th from 10:30 - 11:30 a.m. in the dining room. No experience necessary, just a love of music!

**Bingo!** 1:00 - 3:00 p.m. in the gym. A set of bingo cards is \$3. A bingo marker is \$2.

**Sit to be Fit Exercise** 1:00 - 2:00 p.m. in the dining room. With the stability of a chair, you can perform exercises for range of motion, balance and strength. This class is taught by YMCA instructor Susanna Bodell. (\$2 M / \$3 NM)

**Tuesdays**

**Scrabble Club** 9:30 a.m. in the game room. Please join fellow "wordsmiths" for some fun!

**Stretch and Tone** 10:15 - 11:00 a.m. in the dining room. Exercises help maintain muscle strength, stamina and balance using weights. Weights are provided. Instructor: Jill Saint. (\$2 M / \$3 NM)

**Country Western Line Dancing Class** 1:00 - 2:00 p.m. in the gym. If you enjoy line dancing, you'll love this class taught by YMCA veteran instructor, Jackie Willsie. (\$2 M / \$3 NM)

**Wednesdays**

**Yoga** YMCA instructor Maria Saillant teaches Yoga from 8:45 - 10:00 a.m. in the dining room. Yoga can improve your health through relaxation and breathing techniques, relieve stress, improve flexibility and slow the aging process. All levels are welcome. Participants must supply their own mat. (\$2 M / \$3 NM)

**Art Class** Drawing and Painting from 10:15 a.m. - 12:00 p.m. in the dining room. Join this great group of artists led by Jeannine Anderson. All levels of skill are welcome. Participants supply their own materials. Seating space is limited. (\$2 M / \$3 NM)

**Wednesdays continued**

**Hi Lo Jack Tournament** 1:00 - 3:00 p.m. The next 15 week session will begin in March. Participants must know how to play and have experience playing by league tournament rules. The fee is \$5 per person. Pre-registration is required, please contact Carol at ctudino@eastgreenwichri.com or 886-8638.

**Thursdays**

**Zumba** A Latin music dance class from 1:00 - 2:00 p.m. in the gym. Taught by YMCA instructor Jackie Willsie (\$2 M / \$3 NM)

**Fridays**

**Cribbage** 9:00 a.m. in the game room. Participants must have a basic knowledge of the game.

**Circuit Fitness** 11:00 - 11:45 a.m. in the gym. Low impact exercises mixed with upper body and lower body strength training. A chair can be used for added stability. Instructor: Michelle Anderson. (\$2 M / \$3 NM)

**Canasta** 12:45 p.m. in the game room. Participants must have a basic knowledge of the game.

East Greenwich Senior Services  
Swift Community Center  
P.O. Box 111  
East Greenwich, RI 02818

PRSR STD  
U.S. Postage Paid  
North Kingstown  
RI 02852  
Permit No. 175

# ***TRANSPORTATION***

## **Transportation: Forms, Reservations and Bus Passes**

The Senior and Human Services bus is accessible to East Greenwich residents ages 55 and over and residents with disabilities. The bus lift will accommodate persons using wheelchairs, walkers, crutches, canes, braces, etc. or who otherwise have difficulty using steps. The bus will pick up and drop off East Greenwich residents at their residence. Passengers are required to have a completed application form on file. Please contact Melaine Potrzeba at 886-8669, ext. 3 for an application or to make a reservation. Reservations are required at least 24 hours in advance. Bus fees are \$10 for a month or \$2 per trip.

## **Transportation:**

### **Monday through Thursday**

- Senior dining and activities at the Swift Community Center
- East Greenwich Free Library
- Doctor/Dentist visits: Morning appointments in East Greenwich on Tuesdays & Wednesdays
- Select retail stores: Wednesdays

### **Thursdays**

- Transportation to Stop & Shop

### **Fridays**

- Day trips and retail shopping

## **Grocery Shopping**

The bus begins picking up passengers every Thursday at 8:45 a.m. and takes them to Super Stop & Shop on Frenchtown Road. Shoppers are allowed 1 hour and 15 minutes in the market and a maximum of 6 reusable canvas shopping bags.

## **Retail Shopping & Trips:**

The bus begins picking up passengers at 1:00 p.m. on Wednesdays and 9:00 a.m. on Fridays. The fee is \$2 p/trip or a monthly bus pass.

- **February 2nd:** Aldi's and Denny's for lunch on own
- **February 7th:** Stop & Shop, TJ Maxx Plaza & Dave's Plaza
- **February 9th:** NK Walmart and Homestead for lunch on own
- **February 13th:** Stop & Shop, TJ Maxx Plaza & Dave's Plaza
- **February 14th:** Luncheon at Swift
- **February 16th:** JoAnn's, Michaels, Bed, Bath & Beyond and Chic-Fil-A for lunch on own
- **February 21st:** Showcase Cinema - bus leaves at 1:00 p.m.
- **February 23rd:** Christmas Tree Shop Plaza and Applebee's for lunch on own
- **February 28th:** Stop & Shop, TJ Maxx Plaza & Dave's Plaza