



# EAST GREENWICH SENIOR NEWSLETTER

Volume 13 • No. 7

July 2017

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

## STAFF

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Director

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### Carol Tudino

Case Worker

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### Melaine Potrzeba

Transportation Coordinator

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### Lynn Boisvert

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

Tickets for the August 10th **Seafood Day** will go on sale at Swift on Wednesday, July 5th. The suggested donation is \$3 per ticket. Reservations will not be accepted. The event will be held at Swift on Thursday, August 10th at noon. The menu includes red clam chowder, clam cakes, a lobster roll, corn on the cob and dessert. Tickets will be on sale through August 2nd or until they are sold out.

**Hi Lo Jack Tournament** Wednesdays from 1:00 to 3:00 p.m. A 15 week session will begin this month! Participants must know how to play and have experience playing by league tournament rules. The fee is \$5 per person and includes supplies and a luncheon at the end of the session. Pre-registration is required, please call Carol at 886-8638.

**Pickleball** Nets, paddles and balls are available for the outdoor pickleball courts behind the Swift Community Center. Equipment is available Monday - Friday between the hours of 9 a.m. and 4 p.m. Reservations for courts are not accepted. Court use is on a first come, first served basis. Please stop by Swift or call Erin at 886-8669, ext. 1 to reserve equipment or for more information.

**All Nurse Clinics include blood pressure and heart rate checks:** Amy Craig, the Clinical Supervisor for WellOne in North Kingstown, will be at Swift on Friday, July 7th from 10:00 - 11:45 a.m.

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, July 10th from 11:30 a.m. - 1:00 p.m.

Reginald Wilcox, Director of Admissions for South County Nursing and Rehabilitation, will be at Swift on Thursday, July 13th from 10:30 a.m. - 12:00 p.m.

Rhonda Brunner, a registered nurse with Visiting Nurses Services of Home Health Services, will be at Swift on Tuesday, July 18th 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, July 26th from 12:15 - 1:15 p.m.

Please call Erin at 886-8669, ext. 1 to register for a program, unless otherwise noted.

**Cyber Seniors** Juliana Kohler, a volunteer University of Rhode Island student, will be at the Swift Community Center in July on Mondays and Tuesdays from 9:00 a.m. – 12:00 p.m. to help seniors learn how to use a desktop or laptop computer, surf the internet, create an email account and/or a facebook account and answer questions about technology. Participants can bring their own device or use the computer room equipment. This is an individualized program where the participant and Juliana decide what topics and websites to focus on during each session. Appointments are available beginning July 10th. Space is limited. Pre-registration is required.

**Friday Movie** We will show a free movie at Swift on Friday, July 7th at 1:00 p.m. Reservations are not required. Please call Erin at 886-8669, ext. 1 the week of July 3rd for the title of the movie.

**Sit to be Fit** Are you looking for a great way to start an exercise program or to maintain your mobility? Sit to be Fit is offered at Swift on Mondays from 1:00 - 2:00 p.m. With the stability of a chair you can perform exercises for range of motion, balance and strength. You should always consult your physician before beginning any exercise program. All participants must sign a Release of Liability and Assumption of Risk Agreement prior to their first class. Forms are available at Swift, on the Town's website at [www.eastgreenwichri.com](http://www.eastgreenwichri.com) or a form will be mailed upon request. The fee for this drop-in class is \$2 for members and \$3 for non-members.

**Beginner Line Dancing** classes are offered at Swift every Tuesday from 12:15 - 12:45 p.m. Participants will learn basic Line Dancing steps in these walk through instructional classes. You should always consult your physician before beginning any exercise program. All participants must sign a Release of Liability and Assumption of Risk Agreement prior to their first class. Forms are available at Swift, on the Town's website at [www.eastgreenwichri.com](http://www.eastgreenwichri.com) or a form will be mailed upon request. The fee for the drop-in classes is \$1 for members and \$2 for non-members.

**An Alzheimer's Caregivers Support Group** will be offered at the Swift Community Center on the third Wednesday of the month (July 19th) from 1:00 - 2:30 p.m. This free group is a collaboration of the Alzheimer's Association of Rhode Island, the Saint Elizabeth Community and Home Instead Senior Care. Facilitators of the group are Carly Hague and Priscilla Luckhardt. The support group is a gathering of persons who are providing care for persons with Alzheimer's disease or a related disorder. The primary purpose of this group is to provide education/knowledge about the disease and caregiver skills. The combination of education and emotional support should enable caregivers to feel better at the end of the meeting. Support groups remind caregivers they are not alone, gives them a chance to say what they are feeling in a supportive environment, learn new strategies and resources in the community and foster support networks. Pre-registration is not required.

**Notary Public Services Available** Erin McAndrew, Senior Services Director, is a Notary Public. If you need any documents notarized, she is available to assist you. Please bring a photo I.D. along with the unsigned document you need to have notarized. Please contact Erin at 886-8669, ext. 1 to make an appointment or for more information about notary services.

**Social Services Assistance** Carol Tudino is a trained SHIP councilor (State Health Insurance 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 throughout the year for anyone turning 65 who needs to choose a Medicare Part B insurance supplement or advantage plan. Appointments are required; please call Carol at 886-8638.

The **Rhode Island Special Needs Emergency Registry** is a system for the identification of Rhode Islanders who may require assistance during emergencies. Examples of people who may register include those with chronic conditions, disabilities and other special healthcare needs. If you would like your name added to the State's registry, please call Erin at 886-8669, ext. 1 or you can go online to complete the form at [www.health.ri.gov/emregistry](http://www.health.ri.gov/emregistry).

**Please help us Go Green by joining the Newsletter Email List!** If you would like to receive the newsletter by email please contact Erin at [emcandrew@eastgreenwichri.com](mailto:emcandrew@eastgreenwichri.com) or 886-8669, ext. 1.

**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.

### **Wednesdays; July 5th & 12th**

#### **Retail 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, July 19th:** Pricerite **OR** Trader Joe's - pick up begins at 1:00 p.m.

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

**July 7th:** Coventry Walmart and Denny's on own

**July 14th:** No transportation today

**July 21st:** Christmas Tree Plaza and Chili's for lunch on own

**July 28th:** Ann & Hope and Chelo's for lunch on own

#### **Wednesday, July 26th: Lighthouse Cruise on the Rhode Island Fast Ferry in Quonset**

The bus will leave Swift at 1:00 p.m. and return at approximately 5:00 p.m. The fee is \$30 per person (\$28 for the ferry and \$2 for the bus). Pre-registration is required. Registration for members began on Monday, June 26th. Registration for non-members begins on Monday, July 3rd at 8:30 a.m. To register, please contact Melaine or Erin at 886-8669. Payment is required by Friday, July 14th. A refund will be provided if we are able to fill the vacancy. You are welcome to join us at Swift for lunch at noon. Please see the enclosed menu for details. Lunch is a suggested \$3 donation. Pre-registration for lunch is required, please call Melaine or Erin by Wednesday, July 19th. The cruise will take you throughout Narragansett Bay bringing you up close and personal to 10 historic landmarks. The Rhode Island Lighthouses you will see are; Poplar Point Lighthouse, Plum Beach Lighthouse, Dutch Island Lighthouse, Whale Rock Lighthouse, Beavertail Lighthouse, Castle Hill Lighthouse, Lime Rock Lighthouse, Newport Harbor Lighthouse, Rose Island Lighthouse and Conanicut Lighthouse. Don't forget to bring your camera and/or binoculars!

# JULY 2017: LUNCH MENU

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

<p>3 Tomato and Cucumber Salad Grilled Steak Pasta Salad with Veggies (Turkey Wrap)</p>	<p>4 <b>CLOSED ENJOY THE HOLIDAY</b></p>	<p>5 Minestrone Soup Veal &amp; Peas Brown Rice Pilaf Baby Carrots Wheat Roll (Chicken Caesar Salad)</p>	<p>6 Seasonal Melon Baked Ziti with Mini Meatballs Spinach Salad (Roast Beef on Roll)</p>	<p>7 Clam Chowder Fish Sandwich on Wheat Roll Potato Wedges Peas &amp; Carrots (Chef Salad)</p>
<p>10 Fresh Fruit American Chop Suey Garlic Bread Roasted Zucchini (Greek Salad with Chicken)</p>	<p>11 Cucumber Carrot Salad BBQ Pulled Pork Potato Salad Spinach (Turkey and Cheese on Wheat)</p>	<p>12 Seasonal Melon Roasted Quarter Chicken Leg Potato Fries Brussel Sprouts (Egg Salad Plate)</p>	<p>13 Chicken Noodle Soup Beef Tips w/Gravy Mixed Vegetables Mashed Potatoes Wheat Roll (BLT on Wheat)</p>	<p>14 Fruit Cup Macaroni and Cheese with Bacon Broccoli (Chicken Salad on a Bulkie Roll)</p>
<p>17 Chick Pea Salad Chicken Vesuvio with Mushrooms and Potatoes Sliced Carrots (Ham and Cheese on Wheat)</p>	<p>18 Vegetable Soup Meatball Grinder on Wheat Roll Pasta Salad with Veggies (Chicken Salad Plate)</p>	<p>19 Garden Salad Turkey Pot Pie with Peas and Carrots Sweet Potatoes Wheat Biscuit (Italian Grinder on Wheat)</p>	<p>20 Strawberry Mango Salad Chicken Cacciatore with Mushrooms Wheat Pasta (Egg Salad on Wheat)</p>	<p>21 Egg Rolls Chicken Teriyaki Fried Rice Stir Fried Veggies (Greek Cucumber Salad w/ Chicken)</p>
<p>24 Seasonal Melons Baked Ham with Gravy Roasted Potatoes Green Beans (Roast Beef on Wheat)</p>	<p>25 Tomato Soup Turkey with Gravy Stuffing Cranberry Sauce Baby Carrots (Spinach Salad with Chicken)</p>	<p>26 Caprese Salad Shepard's Pie Peas, Carrots, Corn Mashed Potatoes Biscuit (Turkey and Cheese on Rye)</p>	<p>27 <b>BIRTHDAY MEAL!</b> Escarole &amp; Bean Soup Roasted Pork Loin Wild Rice, Veggies (Seafood Salad Plate)</p>	<p>28 Fruit Cup Fish Cake Cole Slaw Wheat Roll (BLT on Wheat)</p>
<p>31 Fruit Salad Philly Cheese Steak on Wheat Potato Wedges Broccoli (Chicken Salad on Wheat)</p>	<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>Happy Birthday to everyone born in July! We will celebrate July birthdays with a special meal and cupcakes on 7/27.</p>	<p>Meals are funded in part by the U.S. Administration on Aging (AoA) and state funds through the RI Division of Elderly Affairs.</p>



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# JULY 2017: PROGRAMS

## Class Fees:

**M = Member**

**NM = Non-Member**

**The membership fee is \$5 per person, per year.**

**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 to exercise classes. Sneakers should have closed toes, non-slip soles, a backing and laces. Participants should wear breathable, loose fitting clothing and bring water to class.

## Mondays

**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)

## Beginner Country Western

**Line Dancing** 12:15 - 12:45 p.m. in the gym. Participants will learn basic Line Dancing steps in these walk through instructional classes. YMCA veteran instructor Jackie Willsie (\$1 M / \$2 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. (\$2 M / \$3 NM)

## Wednesdays continued

### Hi Lo Jack Tournament

1:00 - 3:00 p.m. A 15 week session will begin this month. Participants must know how to play and have experience playing by league tournament rules. The fee is \$5 per person and includes supplies and a luncheon at the end of the session. Pre-registration is required, please call Carol at 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

PRSRT 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.

- **July 5th:** Stop & Shop, TJ Maxx Plaza and Dave's Market
- **July 7th:** Coventry Walmart and Denny's for lunch on own
- **July 12th:** Stop & Shop, TJ Maxx Plaza and Dave's Market
- **July 14th:** No transportation
- **July 19th:** Pricerite or Trader Joe's. Pick up at 1:00 p.m.
- **July 21st:** Christmas Tree Shop Plaza and lunch at Chili's on own
- **July 26th:** Lighthouse Cruise: Please see page 3 for details
- **July 28th:** Ann & Hope and Chelo's for lunch on own