



EAST GREENWICH SENIOR NEWSLETTER

Volume 13 • No. 5

May 2017

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

STAFF

Erin McAndrew

Director

401-886-8669

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Carol Tudino

Case Worker

401-886-8638

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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

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.

Jennye Durante from **A Place for Mom** will provide a special treat at lunch on Wednesday, May 10th. Please see the enclosed menu. The suggested donation is \$3 per person. Reservations (886-8638) are required by Wednesday, May 3rd.

We hope you can join us for a **Mother's Day Luncheon** on Thursday, May 11th at noon. Please see the enclosed menu. The suggested donation is \$3 per person. Reservations (886-8638) are required by Wednesday, May 3rd.

May is Older Americans Month! To celebrate, we will offer a \$1 meal for members on Tuesday, May 23rd at noon. Please see the enclosed menu. Reservations (886-8638) are required by Wednesday, May 17th.

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, May 5th from 10 - 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, May 8th from 11:30 a.m. - 1 p.m.

Reginald Wilcox, Director of Admissions for South County Nursing and Rehabilitation, will be at Swift on Thursday, May 11th from 10:30 a.m. - 12 p.m.

Rhonda Brunner, a registered nurse with Visiting Nurses Services of Home Health Services, will be at Swift on Tuesday, May 16th from 12:30 - 2 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, May 31st from 12:15 - 1:15 p.m.

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

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 an 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 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 an 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 or a form will be mailed upon request. The fee for the drop-in classes is \$1 for members and \$2 for non-members.

Friday Movie We will show a free movie at Swift on Friday, May 5th at 1:00 p.m. Reservations are not required. Please call Erin at 886-8669, ext. 1 the week of May 1st for the title of the movie.

An Alzheimer's Caregivers Support Group will be offered at the Swift Community Center on the third Wednesday of the month from 1:00 - 2:30 p.m. The May date is the 17th. 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.

A **Shingles Clinic** will be offered at Swift for people ages 50 and older on Friday, May 19th from 9:30 - 11:30 a.m. Shingles vaccinations are covered, less deductible, by Medicare Part D prescription plans as well as by BCBSRI for ages 50 and over and United Healthcare for ages 60 and over. Pre-registration is required, please call Rite Aid employees Lisa Letarte or Sarah Metivier at 295-8811. Participants will need their insurance card when registering for the clinic.

Tickets for the **Summer Picnic** will go on sale at Swift on Monday, May 22nd. The picnic will be held at the East Greenwich Veterans Fireman's Association, located at 80 Queen Street, on Tuesday, June 27th from 12:00 - 1:30 p.m. The menu includes hotdogs, hamburgers, side salads, chips and dessert. Bottled water will be provided. Soft drinks can be purchased from the Fireman's Association. Musical entertainment will be provided by Tony Madalone. Tickets are a suggested \$3 donation, reservations will not be accepted.

An AARP Smart Driver Course will be offered at Swift on Wednesday, May 31st from 1:00 - 5:30 p.m. Successful completion of the course qualifies those 55 and older for a discount on auto insurance. The fee for the class is \$15 for AARP members and \$20 for non-members. Pre-registration and payment are requested by Friday, May 26th. Walk-ins will be accepted if space is available. To register, please call Erin at 886-8669, ext. 1.

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.

Please help us Go Green by joining the Newsletter Email List! If you would like to receive the newsletter by contacting Erin at 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; May 3rd, 10th, 24th & 31st:

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, May 17th: Pricerite or Trader Joe's - pick up begins at 1:00 p.m.

Thursday, May 25th: Wrights Chicken Farm & Bakery The bus will leave Swift at 10:30 a.m. and return at approximately 3:00 p.m. The fee is \$15 per person (\$13 for lunch and \$2 for the bus). The bus will stop at Wrights Bakery after lunch, please bring money if you would like to purchase a treat. Members can begin registering on May 1st. Non-members can begin registering on May 8th. Payment is due by Thursday, May 18th. To register please call Erin or Melaine at 886-8669 after 8:30 a.m. on Monday, May 1st.

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

May 5th: Garden City and Applebee's for lunch on own

May 12th: Coventry Walmart and Denny's for lunch on own

May 19th: Olde Mistick Village and the Steak Loft for lunch on own. Pick up begins at 8:45 a.m.

May 26th: Breakfast on own at Newport Creamery and Aldi's. Pick up begins at 8:45 a.m.

MAY 2017: LUNCH MENU

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

1 MAY BREAKFAST Fruit Cocktail Scrambled Eggs French Toast Bacon Sausage Home Fries	2 Mushroom and Barley Soup Shepard's Pie Mashed Potatoes Biscuit (Greek Salad with Chicken)	3 Vegetable Soup Roasted Chicken Leg Quarter Vegetable Medley Brown Rice Pilaf (Roast Beef on Wheat)	4 RI DAY! RI Clam Chowder Stuffed Quahog Hot Dog on a Wheat Roll Potato Salad (Chef Salad)	5 CINCO DE MAYO Nacho Chips Chicken Burrito with Rice Refried Beans Tossed Salad (Seafood Salad)
8 Fruit Cup Sloppy Joe on a Wheat Bun Three Bean Salad Potato Salad (Ham Salad on Wheat)	9 Spinach Salad Chicken Stew with Potatoes, Peas and Carrots Wheat Roll (Egg Salad on Wheat)	10 BIRTHDAY MEAL Ital. Wedding Soup Penne Pasta Meatballs Green Beans (Chicken Caesar Salad)	11 MOTHER'S DAY Escarole & Bean Soup, Stuffed Chicken Breast, Cranberry Sauce, Potatoes, Carrots (Turkey Sandwich)	12 New England Clam Chowder Fish Sandwich on a Wheat Roll Cole Slaw French Fries (Cobb Salad)
15 Fruit Cup BBQ Chicken Thighs, Wheat Roll Mashed Sweet Potatoes, Broccoli (Roast Beef on Wheat)	16 Garden Salad Beef Stew with Potatoes, Carrots and Peas Biscuit (Tuna Salad Plate)	17 Kale & Bean Soup Chicken Cacciatore with Peppers and Mushrooms Pasta & Salad (Chef Salad)	18 Chicken Soup Beef Tips Mashed Potatoes Cauliflower Wheat Roll (Ham and Cheese Sandwich)	19 Fruit Cup Italian Grinder Pasta Salad with Vegetables Three Bean Salad (Greek Cucumber Salad with Chicken)
22 Lentil Soup American Chop Suey Broccoli Wheat Roll (Chicken Salad on a Bulkie Roll)	23 \$1 LUNCH FOR MEMBERS Wonton Soup Chicken Teriyaki Stir Fry Vegetables Fried Rice (Egg Salad)	24 Fruit Cup Turkey Chili with Beans Baby Carrots Wheat Roll (Cobb Salad)	25 Vegetable Soup 1/4 Rack of BBQ Baby Back Ribs Macaroni Salad Baked Beans (Turkey on Wheat)	26 New England Clam Chowder Baked Fish Mixed Vegetables Wheat Roll (Chicken Caesar Salad)
29 CLOSED ENJOY THE HOLIDAY!	30 Tomato Soup Salisbury Steak with Gravy Mashed Potatoes Peas & Carrots (Tuna Salad Sandwich)	31 Kale/Bean Soup Veal Parmesan Sandwich on a Wheat Roll Broccoli French Fries (Waldorf Salad)	Lunch is served at noon (\$3 suggested donation). To make a reservation, please call Carol at 886-8638. Reservations are required by WEDNESDAYS.	PLEASE INFORM YOUR SERVER IF YOU HAVE A FOOD ALLERGY MENU SUBJECT TO CHANGE



Saint Elizabeth Home
 Skilled nursing and rehabilitation
 One Saint Elizabeth Way
 East Greenwich, RI 02818
 ...just like family
401.471.6060

Happy Birthday to everyone born in May!
 To celebrate May birthdays, we will serve a special meal and treat donated by A Place for Mom on Wednesday, May 10th. If you were born in May, please join us for lunch on the 10th!
Meals are funded in part by the U.S. Administration on Aging (AoA) and state funds through the Rhode Island Division of Elderly Affairs

MAY 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 an 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

The Choral Group Join volunteer leader Sandra Kettelle from 10:30 - 11:30 a.m. in the dining room. No experience necessary, just a love of music.

Bingo! 1:00 p.m. in the gym.

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 must 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 in July. 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, 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 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 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.

- **May 3rd:** Stop & Shop Plaza, TJ Maxx Plaza and Dave's Plaza
- **May 5th:** Garden City and Applebee's for lunch on own
- **May 10th:** Stop & Shop Plaza, TJ Maxx Plaza and Dave's Plaza
- **May 12th:** Coventry Walmart and Denny's for lunch on own
- **May 17th:** Pricerite/Trader's Joe's
- **May 19th:** Olde Mistick Village and Steak Loft for lunch on own. Pick up begins at 8:45 a.m.
- **May 24th:** Stop & Shop Plaza, TJ Maxx Plaza and Dave's Plaza
- **May 26th:** Aldi's and breakfast on own at Newport Creamery. Pick up begins at 8:45 a.m.
- **May 31st:** Stop & Shop Plaza, TJ Maxx Plaza and Dave's Plaza