



# EAST GREENWICH SENIOR NEWSLETTER

Volume 13 • No. 4

April 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

emcandrew@eastgreenwichri.com

### Carol Tudino

Case Worker

401-886-8638

ctudino@eastgreenwichri.com

### Melaine Potrzeba

Transportation Coordinator

401-886-8669

mpotrzeba@eastgreenwichri.com

### 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

We are in need of a volunteer to supervise **Pickleball** for two hours, one day per week from May - September. If you are interested in volunteering or if you would like more information about the program, please call Erin at 886-8669, ext. 1.

**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 or call 886-8669, ext. 1.

**Annual Membership Drive** If you did not renew your membership or become a new member during the month of March, please register in April. The membership 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.

**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, April 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, April 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, April 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, April 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, April 26th from 12:15-1:15 p.m.

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

**Free Income Tax Assistance** Volunteers trained by the IRS and the State of RI Tax Division will be available at Swift on Wednesdays until April 12th. Reservations are required (no walk-ins will be accepted). This is a free service to seniors and low income residents. 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.

**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.

**Beginner Line Dancing** classes are offered at Swift every Tuesday from 12:15 - 12:45 p.m. Participants learn basic Line Dancing steps in these walk through instructional classes. The fee for the drop-in classes is \$1 for members and \$2 for non-members. 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.

**Friday Movie** We will show a free movie at Swift on Friday, April 7th at 1:00 p.m. You are welcome to join us for lunch at noon. Reservations for lunch are required by Wednesday, March 29th. Reservations for the movie are not required. Please call Erin at 886-8669, ext. 1 the week of April 3rd 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 April date is the 19th. 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.

**Hearing Presentation** Audiologist, Kristin Jollie, MS, CCC-A, FAAA of Ascent Audiology & Hearing will offer a free presentation on Hearing and Hearing Loss at Swift on Wednesday, April 26th from 1:00 - 1:30 p.m. Free 10 minute hearing screenings will be offered beginning at 1:40 p.m. Reservations for the presentation and hearing screenings are required.

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).

**Coming in May...**

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.

**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; April 5th, 19th & 26th: 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, April 12th:** Aldi's - pick up begins at 1:00 p.m.

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

**April 7th:** Allies Donuts, North Kingstown Walmart and Homestead for lunch on own

**April 14th:** Christmas Tree Shop Plaza and Applebee's for lunch on own

**April 21st:** Target Plaza and Panera for lunch on own

**April 28th:** Joann's, Michael's, Bed Bath and Beyond and Chic-Fil-A for lunch on own

# APRIL 2017: LUNCH MENU

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

<p>3 Minestrone Soup Spicy Sloppy Joe on a Wheat Bun Potato Salad Three Bean Salad (Spinach Salad)</p>	<p>4 Chicken Soup American Chop Suey Peas Garlic Bread (BLT on Wheat)</p>	<p>5 Tomato Soup BBQ Pulled Pork on a Wheat Roll Cole Slaw Baked Beans (Chef Salad)</p>	<p>6 Kale &amp; Bean Soup Chicken Francaise Roasted Potatoes Baby Carrots (Egg Salad on Wheat)</p>	<p>7 Fruit Cup Baked Cod Florentine Wild Rice Roasted Sweet Potatoes (Italian Grinder)</p>
<p>10 Chicken Veg. Soup Grilled Chicken Green Beans Rice Pilaf (Roast Beef on Wheat)</p>	<p>11 Mushroom Barley Soup Pepper Steak Mashed Potatoes Broccoli Wheat Roll (Cobb Salad)</p>	<p>12 Cottage Cheese with Peaches Roasted Chicken Roasted Potatoes Mixed Vegetables (Seafood Salad Plate)</p>	<p>13 <b>EASTER MEAL</b> Navy Bean Soup Baked Ham with Gravy Potato O'Brien Peas &amp; Onions (Chicken Salad)</p>	<p>14 Clam Chowder Fish Sandwich on Wheat Roll Potato Wedges Cole Slaw (Ham and Swiss on Rye)</p>
<p>17 Lentil Soup Swedish Meatballs with Gravy Egg Noodles Spinach (Turkey on Wheat)</p>	<p>18 Vegetable Soup Open Turkey Sandwich on Wheat, Stuffing, Gravy &amp; Carrots (Chicken Caesar Salad)</p>	<p>19 Fruit Cup Chicken Pot Pie Mashed Potatoes Tossed Salad Wheat Roll (Cobb Salad)</p>	<p>20 Wonton Soup Beef &amp; Broccoli Brown Fried Rice Stir-Fried Veggies (Tuna Salad on Roll)</p>	<p>21 Cucumber Salad Pub Cheeseburger on a Wheat Roll Pasta Salad with Vegetables (Egg Salad)</p>
<p>24 Beef Barley Soup Chicken Marsala Roasted Zucchini Mashed Potatoes Wheat Roll (Ham and Cheese on Bulkie Roll)</p>	<p>25 Split Pea Soup Baked Macaroni and Cheese with Bacon Bits Green Beans (Seafood Salad on Wheat)</p>	<p>26 Tossed Salad Beef Stew with Peas, Carrots and Potatoes Biscuit (Italian Grinder)</p>	<p>27 <b>BIRTHDAY PARTY</b> Ital. Wedding Soup Roasted Pork Loin with Gravy Sweet Potatoes Peas &amp; Carrots (Cobb Salad)</p>	<p>28 Escarole &amp; Bean Soup Roasted Lemon Chicken Wild Rice Cauliflower (Spinach Soup)</p>
	<p><b>PLEASE INFORM YOUR SERVER IF YOU HAVE A FOOD ALLERGY</b></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>MENU SUBJECT TO CHANGE</b></p>	



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

**401.471.6060**

**We would like to wish a Happy Birthday to everyone who was born in April!**

To celebrate April birthdays, we will serve a special meal and cake on April 27th. We will designate one lunch each month as a Birthday Meal and serve cupcakes or cake for dessert. If you were born in April, we hope you can join us for lunch on the 27th!

# APRIL 2017: PROGRAMS

## Class Fees:

**M = Member**

**NM = Non-Member**

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

**Please note:** 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 on Mondays from 10:30 - 11:30 a.m. in the dining room. No experience necessary, just a love of music.

**Bingo!** Mondays at 1:00 p.m. in the gym.

**Sit to be Fit Exercise** Mondays from 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** Tuesdays at 9:30 a.m. in the game room. Please join fellow "wordsmiths" for some fun!

**Stretch and Tone** Tuesdays from 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** Tuesdays from 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** Tuesdays from 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 on Wednesdays 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)

## Wednesdays continued

**Art Class** Drawing and Painting Wednesdays 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)

**Hi Lo Jack** Wednesdays from 1 - 3 p.m. A 15 week session began in March. Participants must know how to play the game. The fee is \$5 per person and includes supplies and a pizza luncheon at the end of the session. Pre-registration is required, call Carol at 886-8638.

## Thursdays

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

## Fridays

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

**Circuit Fitness** Fridays from 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** Fridays at 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 per trip (unless otherwise noted) or a monthly bus pass.

- **April 5th:** Stop & Shop, TJ Maxx Plaza & Dave's Market Plaza
- **April 7th:** Allies, North Kingstown Walmart and the Homestead for lunch on own
- **April 12th:** Aldi's
- **April 14th:** Christmas Tree Shop and Applebee's for lunch on own
- **April 19th:** Stop & Shop, TJ Maxx Plaza & Dave's Market Plaza
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