



EAST GREENWICH SENIOR NEWSLETTER

Volume 13 • No. 1

January 2017

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

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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. - 4:00 p.m. or call 886-8669. Lunch is served at noon, Monday through Friday.

For lunch reservations, please call 886-8638.

From the Director

Happy New Year! We hope you can join us for activities and lunches this month. If you are an East Greenwich resident and do not like to drive during the winter months, we will provide transportation to and from the Swift Community Center as well as the grocery store, doctor and dentist appointments in East Greenwich and retail shopping. For more information about transportation, please call Erin or Melaine at 886-8669.

Inclement Winter Weather Policy In the event of inclement weather Senior Services will post cancellations on local television and radio stations. Participating television stations are Channels 6, 10 and 12. Our cancellation information will also be listed on the Rhode Island Broadcasters website. Please go to www.ribroadcasters.com and click on View Current Closings.

Social Services Assistance Carol Tudino is a trained SHIP counselor (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.

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, January 6th 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, January 9th 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, January 12th 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, January 17th 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, January 25th from 12:15-1:15 p.m.

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

We are in need of **Volunteers at the Meal Site** at Swift on Tuesdays, Wednesdays and Fridays from 11:30 a.m. - 1:00 p.m. If you would like to volunteer, please contact Erin.

Sand Buckets The East Greenwich Rotary Club and the Department of Public Works are providing one 5 gallon bucket of salt and sand mix to East Greenwich residents (ages 60 and over who do not reside in a housing authority property) to help with snow this winter. Residents who participated in the program in 2016 can have their bucket refilled or receive a new bucket if they do not have the original bucket. Pre-registration is required. The registration deadline is Friday, January 13th, please contact Erin. Buckets are limited, early registration is encouraged. The Rotary Club will deliver the buckets to residences towards the end of January.

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.

Free Income Tax Assistance Volunteers trained by the IRS and the State of RI Tax Division will be available at Swift. Appointments will be offered on Wednesdays from February 1st - April 12th. Reservations are required (no walk-ins will be seen) and will be accepted beginning January 3rd. This is a free service to seniors and low income residents. 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.

Friday Movie We will show a free movie at Swift on Friday, January 6th at 1:00 p.m. Reservations are not required. Please call Erin the week of January 2nd for the title of the movie.

Beginner Line Dancing classes are offered at Swift every other Tuesday from 12:15 - 12:45 p.m. Participants will learn basic Line Dancing steps in these walk through instructional classes. The fee is \$1 for members and \$2 for non-members. Upcoming class dates are 1/10, 1/24, 2/7 & 2/21.

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., beginning January 18th. 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, Program Director/Case Manager for Cornerstone Adult Services at the Coventry Center and Priscilla Luckhardt, Home Care Consultant for Home Instead Senior Care. 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, give 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.

Free Ear Screenings at Swift on Monday, January 23rd from 11:00 a.m. – 12:30 p.m. Mark Zarrella, Board Certified Hearing Practitioner from Beltone Hearing Aid Center, Warwick Mall office, will offer free ear screenings. Mark will conduct 10 minute screenings and answer any questions you may have. Pre-registration is required.

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

The **Community and Senior Center Advisory Committee** will have two vacancies in February. The Advisory Committee meets at Swift on the last Tuesday of the month at 1:00 p.m. Members include individuals living in the Town of East Greenwich, individuals living in another city or town and community service providers who support the mission of East Greenwich Senior and Human Services. Members serve on the Committee for three (3) years with the option of renewal for no more than one additional term. A nomination committee will be established to recommend new Committee members. The nomination committee will present its recommendations to the members of the Community and Senior Center Committee and they will vote on the appointment of any new member. A two thirds "yes" vote will be required to approve a new appointment. If you would like more information or are interested in becoming a Committee member, please contact Erin.

Coming in February...

Tickets for the **Saint Patrick's Day Luncheon** will go on sale at Swift on Monday, February 6th and will be on sale through Wednesday, March 8th or until they are sold out. The lunch will be served at Swift on Thursday, March 16th at noon. Tickets are a suggested \$3 donation and must be purchased at Swift, no phone reservations will be accepted.

Please join us at Swift for a free round table discussion on **Your Life in Transition** on Wednesday, February 8th at 1:00 p.m. Hear from various experts from the fields of real estate, elder law, financial advising/long term insurance, moving management and assisted living. Following a brief presentation there will be a question and answer opportunity. Mark your calendars for this informative educational hour! Pre-registration is required.

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; January 4th, 11th & 25th: 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, January 18th: 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

January 6th: Target Plaza and Panera Bread for lunch on own

January 13th: Coventry Walmart and Denny's for lunch on own

January 20th: Christmas Tree Shop Plaza and Applebee's for lunch on own

January 27th: North Kingstown Job Lob and Newport Creamery for lunch on own

JANUARY 2017: LUNCH MENU

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

<p>2</p> <p>CLOSED</p> <p>HAPPY NEW YEAR!</p>	<p>3</p> <p>Chicken Soup Chicken Fajitas Peppers & Onions Brown Rice Black Bean Salad (Greek Salad)</p>	<p>4</p> <p>Garden Salad Jambalaya Brown Rice</p> <p>(Italian Grinder)</p>	<p>5</p> <p>Minestrone Soup Baked Ham with Pineapple Sauce Peas & Onions Mashed Potatoes (Tuna Salad Plate)</p>	<p>6</p> <p>Caprese Salad Baked Ziti with Meatballs Spinach (Chicken Salad on Wheat)</p>
<p>9</p> <p>Chicken Rice Soup Chicken and Whole Grain Waffles Buttered Corn (Cobb Salad)</p>	<p>10</p> <p>1/4 Rack BBQ Ribs Green Beans Cole Slaw</p> <p>(Turkey and Cheese on Wheat)</p>	<p>11</p> <p>Vegetable Soup Sausage & Meatball Grinder Three Bean Salad (Egg Salad on Wheat)</p>	<p>12</p> <p>Escarole Bean Soup Meat Lasagna Broccoli (Seafood Salad on Wheat)</p>	<p>13 New England Clam Chowder Baked Cod Florentine Brown Rice Pilaf Cauliflower (Roast Beef)</p>
<p>16</p> <p>CLOSED</p> <p>ENJOY THE HOLIDAY!</p>	<p>17 Mushroom Barley Soup Turkey and Cheese Club on Wheat Stuffed Pepper (Chef Salad)</p>	<p>18</p> <p>Navy Bean Soup Beef Tips Brussel Sprouts Mashed Potatoes (Chicken Salad on Wheat)</p>	<p>19 Sweet Potato Soup, Chicken Breast with Gravy Roasted Potatoes Carrots, Cranberry Sauce (Ham and Cheese on Wheat)</p>	<p>20</p> <p>Tomato Soup Shepherd's Pie Mashed Potatoes</p> <p>(Egg Salad on Wheat)</p>
<p>23</p> <p>Salisbury Steak with Mushroom Gravy Biscuit Peas & Carrots (Tuna Salad Plate)</p>	<p>24</p> <p>Garden Salad Veal Parmesan Pasta Wax Beans (Seafood Salad on Wheat)</p>	<p>25 BIRTHDAY MEAL!</p> <p>Kale & Bean Soup Chicken Marsala Brown Rice Pilaf Green Beans</p> <p>(Waldorf Salad)</p>	<p>26</p> <p>Vegetable Soup Pork Chop Mashed Sweet Potatoes Cole Slaw (Chef Salad)</p>	<p>27 Lentil Soup Chicken with Brown Rice, Diced Carrots, Corn and Peas (Turkey and Swiss on Wheat)</p>
<p>30 Beef Barley Soup Rigatoni with Sausage and Meatballs Roasted Zucchini (Chicken Salad on Wheat)</p>	<p>31</p> <p>Sloppy Joe on a Wheat Bun Spinach Salad</p> <p>(Egg Salad on Wheat)</p>	<p>Lunch is served at noon (\$3 suggested donation). Please call Carol at 886- 8638 for reservations by WEDNESDAY for the following week.</p>	<p>PLEASE INFORM YOUR SERVER IF YOU HAVE A FOOD ALLERGY</p> <p>MENU SUBJECT TO CHANGE</p>	<p>Funded in part by the United States Administration on Aging (AOA) and state funds through the RI Division of Elderly Affairs</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 January!

To celebrate January birthdays, we will serve a special meal and cupcakes on January 25th. We will designate one lunch each month as a Birthday Meal and serve cupcakes or cake for dessert. If you were born in January, we hope you can join us for lunch on the 25th!

JANUARY 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. - 4:00 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!

Tuesdays continued...

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 Every other Tuesday from 12:15 - 12:45 p.m. in the gym. Participants will learn basic Line Dancing steps in these walk through instructional classes. January classes will be offered on 1/10 and 1/24. YMCA 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)

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)

Wednesdays continued...

Hi Lo Jack Wednesdays from 1:00 - 3:00 p.m. The next 15 week session will begin in March. Participants must know how to play the game. 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

Mah Jongg This program is currently full, but you can be placed on a waiting list. The group meets on Thursdays at 9:00 a.m. To have your name placed on the waiting list, please call Erin at 886-8669, ext. 1.

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

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 per trip (unless otherwise noted) or a monthly bus pass.

- **January 4th:** Stop & Shop (S & S), TJ Maxx or Dave's Market
- **January 6th:** Target Plaza and lunch on own at Panera Bread
- **January 11th:** S & S Plaza, TJ Maxx Plaza or Dave's Market
- **January 13th:** Coventry Walmart and Denny's for lunch on own
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