



# Senior Services, Inc.

February 2012 Newsletter  
84 Social Street, Woonsocket, RI

## WOONSOCKET SENIOR CENTER ACTIVITIES

### Valentine's Day - Feb. 14th

"Name that Love Song" musical game

10:30am—Prizes for winners!

Valentine's Luncheon 11:30am

*Italian Roast Chicken, Pasta, Cake*

Do you have a picture of you and your sweetheart (past or present) you'd like to share? We'll decorate the dining room for Valentine's Day with your pictures as a celebration of many years of love!

### "GREEN" CLEANING

Thursday, February 9th at 10:00am

Leslie Reichert is a "Green Cleaning Coach" and the owner of The Back Door—a vacuum and home keeping store now celebrating 18 years in Uxbridge, Massachusetts.



Leslie owned a large residential cleaning service in the Blackstone Valley for many years. After cleaning 100-150 homes a week she saw what harsh chemicals could do to your body—and she learned about the green alternatives that can clean your home. Leslie has also seen many people who fight a daily battle with asthma and allergies, which many believe are caused by using harsh chemicals in the home.

Come and learn how to make your own easy, inexpensive, safe cleaners that work as well as the store brands. All participants will be entered into a raffle to win a copy of Leslie's book, "The Joy of Green Cleaning".

Leslie has recently been featured on ABC News, Fox News, The Rhode Show and Martha Stewart Living.

Don't miss it—Please join us!

### Music To Warm Your Heart

Thursday, February 2nd

Manny Brandao—10:30am

Thursday, February 16th

Robert Black—10:30am

Thursday, February 23rd

Bud Pistacchio—10:30am

### RIPTA BUS PASSES

Friday, February 3, 11am-2pm

The first RIPTA Road Trip to the Woonsocket Senior Center is this month. A five year pass is now \$21.25. Proof of age and/or disability status must be provided, and Medicaid card or proof of income needed for a No Fare Pass. RIPTA accepts cash or business checks only as payment. Senior/disabled bus passes may also be obtained at Kennedy Plaza in Providence Monday-Thursday from 1-4pm. If you have any questions about the Senior Pass Program, you may call RIPTA at 781-9500, ext. 604.

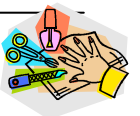
Other RIPTA Road Trips this year will be Friday, June 1st and Friday, October 26th.



Senior Services will be CLOSED  
Monday, February 20th  
PRESIDENT'S DAY

### PAMPER YOURSELF WITH A MANICURE!

We now have a licensed manicurist available at the senior center! Janine will be here on the 2nd and 4th Tuesdays of each month from 9:00am-11:00am. Special senior citizen rates. Sign up in advance in the dining hall.



PROGRAMS, PRESENTATIONS & SERVICES

A prescription for healthy living

URI SENIOR NUTRITION AWARENESS  
Tuesday, February 7th, 10:30am  
"Face the Fats"

Good fats, bad fats, no fat? Melissa Holmes will be with us with another informative session on how to make healthy food choices. Healthy recipes included! Join us!

BLOOD PRESSURE CLINICS  
Thursdays, 9:30am-11:00am

Join us for blood pressure screening events in our Wellness Room each week with Linda Thibault, RN.



INSIGHT SUPPORT GROUP  
Tuesday, February 21st

Did you know that there is a support group meeting monthly here at the senior center for those with visual challenges? These meetings are open to anyone. For more information, contact Group Coordinator Rick Andrade at Insight, 941-3322.

PODIATRY APPOINTMENTS

Dr. Cindy Feinstein has appointments available in February 2012 for new clients. To make an appointment, call 766-3734 and speak with Linda Thibault, RN. New clients will need to complete an insurance form and medical history prior to their appointment.



HEALTHY HEARTS

Tuesday, February 28th, 10:30am

Join Linda Thibault, RN and learn strategies for keeping your heart healthy for many years to come!

Healthy refreshments will be provided by Oakland Grove Healthcare Center.

Exercise/Dance Classes

Seniors in Motion with Sue

Mondays, 1:00pm

Zumba© Gold with Fran

Tuesdays, 1:15pm

Senior Fitness with Linda

Wednesdays, 10:00am

Basic Line Dancing with Fran

Thursdays, 1:15pm

Chair Exercise with Karen

Fridays, 10:00am

SEWING AND ALTERATIONS

Need something hemmed, taken in, mended? Lorraine Jacob offers her expertise at special senior citizen rates. See her at the center for more information.



WINTER WEATHER CANCELLATIONS

In the event of cancellations due to inclement weather, **Senior Services** will be listed on ALL local radio and television stations through an agreement with the RI Broadcaster's Association.

CRIBBAGE LEAGUE TAKES WINTER BREAK

The cribbage league will not be meeting January through March 2012. The league will begin a new 10 week session on Thursday, April 5th.

LEGAL CONSULTATIONS

2nd & 4th Thursdays of Each Month  
The RI Center for Law & Public Policy offers free 30 minute legal consultations to senior citizens at the Woonsocket Senior Center. Call 766-3734 for an appointment.

## OUR SENIOR LUNCHEON PROGRAM

\$3.00 Donation  
Requested

Please join us at one of our 14 mealsites. All sites are open to the public for seniors (60+) and persons with a certified disability. **WE ACCEPT EBT (FOOD STAMP) CARDS at our main office (84 Social Street)** for meals to be eaten at any of our mealsites. Advance reservations are required for all meals. Please call 766-3734 for more information.

### WOONSOCKET

Woonsocket Senior Center  
Crepeau Court  
JF Kennedy Manor  
Parkview Manor  
St. Germain Manor

### CUMBERLAND

Chimney Hill Apartments  
(Tuesday, Thursday, Friday)  
Cumberland Manor  
Cumberland Senior Center

### BURRILLVILLE

Bradford Court

### GLOCESTER

Glocester Senior Center

### LINCOLN

Lincoln Senior Center

### MANVILLE

Manville Manor

### NORTH SMITHFIELD

The Meadows

### SMITHFIELD

Smithfield Senior Center

## HEALTHY RECIPES FOR YOU!

### STRAWBERRY BANANA SMOOTHIE

(From the URI Senior Nutrition Awareness Program)

#### Ingredients:

1 1/2 cups strawberries, frozen  
1 ripe banana  
1 cup low fat vanilla yogurt (or plain)  
2 cup orange juice

#### Directions:

Put all ingredients into a blender.  
Puree 1 minute and serve.  
*Calories: 190, Fat 1.5 g, Dietary Fiber 8g  
Sugars 18g, Sodium 80mg, Protein 3g, Carbs 45g*

### MAC AND CHEESE "LITE"

(Adapted from The National Heart, Lung and Blood Institute)

#### Ingredients:

2 cups whole grain macaroni  
1/2 cup onions, chopped  
1/2 cup evaporated skim milk

1 medium egg, beaten  
1/2 tsp. black pepper  
1 1/4 cup low fat sharp cheddar, shredded

#### Directions:

1. Cook macaroni according to directions, but do not add salt to water. Drain and set aside.
2. Spray casserole dish with non-stick cooking spray. Preheat oven to 350 degrees.
3. Lightly spray saucepan with non-stick cooking spray. Add onions and sauté for 3 minutes.
4. In another bowl, combine macaroni, onions, and rest of ingredients and mix thoroughly.
5. Transfer mixture to casserole dish. Bake for 25 minutes or until bubbly. Let stand 10 minutes and serve.  
*Calories: 200, Fat 4g, Cholesterol 34 mg, Sodium 120 mg, Fiber 1g, Protein 11g, Carbs 29g.*

## FOR YOUR INFORMATION

### HEATING ASSISTANCE PROGRAM

The LIHEAP (Low Income Heating Assistance Program) is still accepting applications for the 2011-2012 season. For assistance completing the application, you may call 766-3734 to make an appointment with Helen Grumbach, Senior Services Information Specialist, or Susan Meyer in the BVCAP Woonsocket office at 765-3258. Susan's office hours are Monday, Tuesday, and Thursday from 8:00am-3:00pm and Wednesdays from 10:30am-5:30pm.

### FREE INCOME TAX PREPARATION SERVICES

**Income tax preparation services are no longer available at the Woonsocket Senior Center.**

Family Resources Community Action will offer this service beginning January 10, 2012. Appointments are available Monday through Saturday, morning, afternoon and early evening. Please call 766-0900 for an appointment. Other agencies in the area may also be offering tax preparation services. Check your local newspaper for more information.

### RHODE ISLAND PROPERTY TAX RELIEF (RI-1040H)

If you own your home and are current on your property tax or if you rent in a privately owned dwelling AND have an income of below \$30,000 you may be eligible to receive a payment up to \$300. (No age requirement) Those living in subsidized housing are *not eligible*, since this housing is not subject to property taxes. We can provide assistance completing the RI 1040-H forms beginning February 1st and continuing through Friday, April 13th. Please call 766-3734 for an appointment if you need assistance in completing the form.

**Please note that those filing a RI 1040H form MUST attach documentation as follows:**

- Copies of Proof of Income, such as Social Security Award letter or 1099 form
- Copy of 2011 property tax bill
- Copy of rent or lease receipt

You do NOT have to file a Rhode Island tax return in order to apply for tax relief. The RI-1040H may be filed alone and submitted to the Rhode Island Division of Taxation. For additional information, contact them at 574-8829.

**Senior Services, Inc. is funded in part by the U.S. Administration on Aging  
and state funds through the RI Division of Elderly Affairs.**

*Jill Anderson, Executive Director      Paul Leduc, Food Service Manager*

*Joanne Mondor, Director, Alternative Adult Care*

*Helen Grumbach, Community Information Specialist, SHIP Counselor*



*Our offices are open 8:00am-4:00pm, Monday-Friday*

*Main Telephone: 401-766-3734*

*Alternative Adult Care: 401-766-0516*

**Our Website: [www.seniorservicesri.org](http://www.seniorservicesri.org)**

*Newsletter prepared by Susan Sgambato, Activity Coordinator*

## **NUTRITION NEWSLETTER**

### **Wake Up Call**

It's not an exaggeration at all to call breakfast "the most important meal of the day." Research shows that the frequency and quality of the breakfast a person eats contributes to the prevention of obesity.

Starting the day with a healthy breakfast helps stave off hunger for the rest of the day, when you might be tempted to gobble high-calorie, low-nutrient foods on the run. The right breakfast, such as one containing whole grains, contributes to better blood-sugar maintenance.

Whole-grain cereals can help keep you from packing on pounds in the most dangerous place to carry extra weight—around your middle, where belly fat has been linked to greater risk of heart disease and diabetes. Researchers have found an association between whole-grain consumption and reduced tendency toward belly fat. People who ate three or more daily servings of whole grains—such as one cup of whole-grain breakfast cereal or a half-cup of cooked oatmeal—averaged 10% lower fat around the abdominal organs.

Other whole-grain breakfast choices count too, such as wheat germ sprinkled on your low-fat yogurt or whole-wheat toast. On the other hand, researchers found that eating more refined grains—including processed breakfast cereals, white toast, non-whole-grain bagels or muffins, waffles and pancakes—actually diminished the belly-fat fighting benefits of whole grains.

When shopping for ready-to-eat breakfast cereals, read the labels to know what you're really getting. Look for cereals with whole grains, less sugar and lower calories. For people over age 50, the vitamin B12 added to fortified cereals is more absorbable than that found naturally in food.

Especially in these cold-weather months, there's nothing like starting the day with a bowl of hot cereal, such as oatmeal. Cooking your own hot cereal is best. Steel cut oats, which are good because they don't undergo a lot of milling, do take some time and planning, but they make a good, stick-to-your-ribs hot breakfast.

If you want an occasional treat at breakfast time on the weekend, that's OK. And if someone special wants to bring you breakfast in bed every now and then, well, why not? After all, it's the most important meal of the day.

**Taken from: Tufts University Health & Nutrition Letter, January 2012**  
*Material researched by Madeline Ravenelle,*  
*Senior Services Nutrition Consultant*