



Senior Services, Inc.

March 2012 Newsletter

84 Social Street, Woonsocket, RI

WOONSOCKET SENIOR CENTER ACTIVITIES

St. Patrick's Day Luncheon

Thursday, March 15th

Chicken Noodle Soup
Corned Beef & Cabbage
Boiled Red Potatoes
Buttered Carrots
Cake with Icing

Reservations Required. Call 766-3734 or sign up at the computer in the dining hall.

March is National Nutrition Month

Johnson & Wales University
Cooking Demonstration

Thursday, March 29th at 10:00am

We are pleased to have students from this world class culinary arts institution with us to prepare some healthy foods in celebration of National Nutrition Month!

Recipes and Samples for All Attendees!



DAYLIGHT SAVINGS TIME
SUNDAY, MARCH 11th!
SPRING FORWARD ONE HOUR!

BEGINNER COMPUTER CLASS

Starting Thursday, April 12th

If you're interested in learning how to type a document, send and receive emails and use the internet, this class is for you. The class meets from 9-11am on Thursdays for ten weeks for \$20. To register, please call Susan at 766-3734. Class size is limited to eight students and classes fill up fast!

Top O' the Mornin' Music

Thursday, March 1st

Vini Ames—10:30am

Thursday, March 15th

J-Slick—10:30am

Thursday, March 22nd

Manny Brandao—10:30am



VOTER ID CARDS

Wednesday, March 28th, 1:00-3:00pm

A new RI law requires all voters to show an ID at the polls beginning on April 24th and in each election thereafter. Staff members from the Office of the RI Secretary of State will be here to provide Voter IDs, free of charge, to anyone *who does not already have a current and valid photo ID*. Voter IDs cannot be used for any other purpose.

In order to get an ID on March 28th, please bring one of the following: Credit/debit card, Military ID, Insurance plan ID, Public Housing ID, Utility Bill, Bank Statement, Government issued document, property tax document or vehicle ownership document.



FASHIONS BY FRANCINE

Friday, March 16th, 10:00am-12 noon

Francine will be back with an assortment of sweat-shirts and t-shirts. A portion of each sale supports our activities and programs at the senior center.

NEED A NOTARY?

Notary Public services are available at the Woonsocket Senior Center free of charge for seniors and persons on disability. Visit our offices downstairs from 8am-4pm weekdays.





PROGRAMS, PRESENTATIONS & SERVICES

A prescription for healthy living

URI SENIOR NUTRITION AWARENESS

Tuesday, March 6th, 10:30am

Eating Healthy By Candlelight!

Do you have healthy "shelf stable" foods at home that you could prepare without cooking or refrigeration? We'll talk about reading labels and making good choices in purchasing canned and boxed foods and beverages for your "Emergency Pantry". See what you should have on hand if you need it!

VISION LOSS

Thursday, March 8th—10:30am

Insight will be here to discuss types of vision loss, treatments and coping strategies, including services offered by this organization.

URI PHARMACY OUTREACH

Tuesday, March 13th, 10:30am

"Blood Thinners: What You Need to Know"

Many people are taking a blood thinner, for example aspirin, Coumadin® or Plavix.® These medications require increased monitoring and place patients at a great risk of drug interactions and adverse effects. Learn about the proper way to take your medications and dietary restrictions that should be followed.



SHINGLES VACCINATION CLINIC

Wednesday, March 14th, 1:00-2:30pm

Have you had a Shingles vaccine? Talk to your health care provider to see if this new vaccine is right for you. Shingles vaccinations are covered, less patient deductible, by a number of Medicare Part D prescription plans, as well as by Blue Cross Blue Shield of Rhode Island. If you are interested in checking your insurance coverage and scheduling an appointment for this clinic please call The Wellness Company at 490-0942.

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



BLOOD PRESSURE CLINICS

Thursdays, 9:30am-11:00am

Linda Thibault, RN, Senior Wellness Program Manager, conducts free blood pressure screenings once a week. Everyone welcome.

FOOT & ANKLE CARE

Physiotherapy Associates Presentation

Tuesday, March 27th, 10:30am

Physical Therapist Stephen Nestor will be back with a program to discuss common foot and ankle injuries, aches and pains, what to do when they occur and how to prevent future issues.

PROTECTING YOUR IDENTITY

Tuesday, March 20th, 10:30am

Representatives from the Rhode Island Attorney General's office will be on hand to discuss the latest phone, mail and internet scams and ways you can protect yourself from identity theft and financial losses. Please join us for this important discussion.



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

NEWS YOU CAN USE

QUILTING CLASS—Wednesday Mornings, 9:30am

In March, come and learn how to:

Maintain your sewing machine

Piece and Assemble a quilt

Sew a basic "Project Linus" quilt

Quilt and Bind on machine

Applique on Quilts



Project Linus

Our quilting group also accepts donations of finished items for Hasbro Children's Hospital, Project Linus quilts or afghans, baby caps, sweaters, scarves and mittens. Note: Project Linus provides quilts to children who are seriously ill, traumatized or otherwise in need.

"GREEN" CLEANING FROM THE GREEN CLEANING COACH: LESLIE REICHERT

Leslie Reichert, author of "The Joy of Green Cleaning" offers this recipe for a great, economical, healthy alternative to Comet cleanser for your sinks and countertops. Check her out on the web at www.greencleaningcoach.com for more tips and green cleaning advice.

GREEN CLEANER RECIPE:

Mix equal amounts of the following—

- Baking Soda
- Borax
- Table Salt
- Essential Oil (only for fragrance—not part of the cleaner)





FOR YOUR INFORMATION

AREAS WE SERVE:

Our information specialist, Helen Grumbach, is funded through a state grant and is able to provide services to the following communities through appointments at the Woonsocket Senior Center: Woonsocket, North Smithfield, Smithfield, Foster/Glocester, and Burrillville. Residents of Cumberland, Lincoln and other areas will be served by Information Specialists at other senior centers.

FREE INCOME TAX PREPARATION SERVICES

VITA (Volunteer Income Tax Assistance) is available at:

Family Resources Community Action: Please call 766-0900 for an appointment

Connecting for Children and Families: Please call 766-3384 for an appointment

Harris Library: Walk In Service Wednesdays, 12:00-4:00pm

(Note: VITA is available to families with household incomes less than \$50,000.)

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.

Blank forms are available in the Senior Services main office for those able to complete the form without assistance. Instructions and the mailing address are on the form.

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

Newsletter prepared by Susan Sgambato, Activity Coordinator



BRAIN AEROBICS

NUMBER PATTERNS:

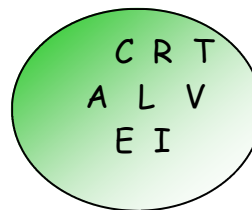
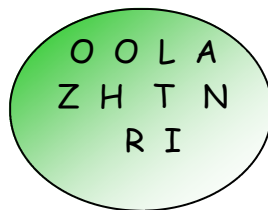
What number comes next in each series?

1. 3, 1, 2, 0, 1, -1 _____
2. 64, 54, 45, 37, 30 _____
3. 0, 1, 3, 6, 10, 15 _____
4. 4, 9, 16, 25, 36, 49 _____
5. 32, 36, 9, 12, 4, 6 _____

1. 0-Alternately subtract 2 and add 1
2. 24-Subtract 10,9,8,7,6
3. 21-Add 1,2,3,4,5,6
4. 64-Numbers are squares of each sequential
5. 3-Add 4, divide by 4, add 3, divide by 3, add 2, divide by 2

UNSCRAMBLING ANTONYMS

Unscramble the letters in Circles A and B to make two words that are antonyms of each other.



MARCH TRIVIA

1. Which sport is associated with "March Madness"?
2. What United States event always occurred in March, until it was changed to January in 1937?
3. March 15th is called "The Ides of March". Who was killed on this day?
4. What Big Band leader was born March 1, 1904?
5. True or False: St. Patrick was born in Ireland.
6. What University team is called "The Fighting Irish"?
7. True or False: March 17th is the anniversary of St. Patrick's birth.
8. What is the occupation of a Leprechaun?
9. Paddy is a common Irish nickname for what name?
10. John Wayne and Maureen O'Hara starred in the movie classic set in Ireland.

1. Basketball
2. Presidential Inauguration
3. Julius Caesar
4. Glen Miller
5. False-Britain
6. Notre Dame
7. False—His Death.
8. Shoemaker
9. Patrick
10. The Quiet Man

NUTRITION NEWSLETTER



Eating Right for Aging Gracefully

Last year, the federal government retired its longstanding food pyramid, replacing the familiar icon with a new dietary-guideline symbol, MyPlate—a stylized plate divided into four wedges, with fruits and vegetables taking up half the plate, protein representing a little less than a quarter of the plate and the rest of the plate for grains. But what works for the general population isn't necessarily exactly right for the special needs of older Americans. So nutrition scientists have created a corresponding MyPlate for Older Adults.

Although calorie needs decline with age due to a slowdown in metabolism and physical activity, nutrient requirements remain the same or in some cases increase. MyPlate for Older Adults provides examples of foods that contain high levels of vitamins and minerals per serving and limits foods high in trans and saturated fats, salt and added sugars, and emphasize whole grains.

The new MyPlate for Older Adults spotlights different forms of vegetables, fruits and other healthy food choices that are convenient, affordable and readily available. Unique components include regular physical activity, emphasis on adequate fluid intake and a focus on seasoning with herbs and spices instead of salt—all of particular concern for older adults.

The My Plate for Older Adults graphic illustrates:

- Bright-colored vegetables such as carrots and broccoli.
- Deep-colored fruit such as berries and peaches.
- Whole, enriched and fortified grains and cereals such as brown rice and 100% whole wheat bread.
- Low- and non-fat dairy products such as yogurt and low-lactose milk.
- Canned beans and unsalted nuts, fish, poultry, lean meat and tofu.

Liquid vegetable oils, soft spreads low in saturated and trans fat, and spices to replace salt.

- Fluids such as water, soups, teas and fat-free milk.
- Physical activity such as walking, resistance training and light cleaning.
- Pre-peeled fresh, dried and certain low-sodium, low-sugar canned options are included because fruits and vegetables in those forms contain as many or more nutrients as fresh and they are easier to prepare, are more affordable and have a longer shelf life.

Adapted from: Tufts University Health & Nutrition Letter, February 2012

Material Researched and Reported by Madeline Ravenelle, Senior Services Nutrition Consultant