

# AUGUST 2017 Newsletter

## Senior Services, Inc.

84 Social Street, Woonsocket, RI

### WOONSOCKET SENIOR CENTER



#### FARMERS MARKET VOUCHERS

#### DISTRIBUTION

Monday through Friday

9am-11am ONLY

In the main office, lower level  
until supply runs out!



A FUNDRAISER to Benefit  
*Senior Services, Inc.*

AN  
**AFTERNOON**  
in Fabulous  
**LAS VEGAS**  
WITH

*Barry Manilow  
& Rod Stewart*



**STARRING JAY GATES**  
SPECIAL GUESTS THE FANCIE SENIOR FOLLIES

**SUNDAY AUG 27th**  
SHOWTIME **2PM**  
**ALL TICKETS \$20 RESERVED SEATING**

THE ASSEMBLY THEATRE  
26 East Ave, Harrisville, RI 02830  
FOR TICKETS CALL THE FANCIE DANCERS

**401-333-2623**



The SLAND PARTY  
attire winners! Everyone  
enjoyed the "Smoothies."



Are you on-line? "Like" Senior Services Inc. on Facebook!



Senior Services, Inc.  
August 2017

Let's go to  
the HOP!  
Save the Date!

SENIOR SERVICES INC.  
**SOCK HOP!**  
SUNDAY, SEPTEMBER 17th  
2:00pm—5:00pm  
Stay tuned for details!



**THANK YOU**  
**Woonsocket Health & Rehabilitation**  
for your monthly sponsorship of  
entertainer  
**ROBERT BLACK**



*Are you on-line? "Like" Senior Services Inc. on Facebook!*

## Exercise/Dance Classes

**Seniors in Motion**  
Mondays, 10:00 am

**Tap for Fun with Fran**  
Tuesdays, 10:00 am

**Zumba Gold with Fran**  
Tuesdays, 1:45 pm

**Senior Fitness with Karen**  
Wednesday, 10:00 am

**Adult Tap with Fran**  
Wednesdays, 1:45 pm

**"YOGALATES"**  
Wednesdays, 3:00 pm

**Line Dancing with Fran**  
Thursdays, 1:45 pm

**Ballet Class**  
Thursdays, 3:00 pm

**Chair Exercise with Karen**  
Fridays, 10:00 am

**Classes held at Scouter's Hall  
in North Smithfield are:**

*Zumba Gold Mondays, 10am  
Chair Exercise Mondays, 11am  
Zumba Gold Thursdays, 10am*

**Classes held at Beckwith Hall  
in Burrilville are:**

*Easy Line Dancing for Seniors  
Tuesdays, 5:30*

*These classes are funded through the RI Department of Elderly Affairs Wellness Grant. However, donations are still needed to sustain and expand classes. Thank you!*



**JOIN YOUR FRIENDS for LUNCH at the SENIOR SERVICES CAFE**  
at any of these sites:

**WOONSOCKET:** Woonsocket Senior Center, Crepeau Court, JF Kennedy Manor, Parkview Manor

**CUMBERLAND:** Chimney Hill Apartments (Tues –Fri), Cumberland Manor, Cumberland Senior Center

**BURRILLVILLE:** Bradford Court    **GLOCESTER:** Gloucester Senior Center    **LINCOLN:** Lincoln Senior Center  
**Open Monday – Friday (Exclusive of Holidays)**

- Reserve meals by Thursday, 11:00am the week before. Please make your reservations with your site director or call 766-3734 if dining at Woonsocket Senior center
- Suggested donation for each meal (appetizer, meal, drink and dessert) is \$3.00
- Pub Option daily
- Open to the public for seniors (60+) and persons with a certified disability
- EBT cards (Food Stamp) accepted at main office 84 Social Street, Woonsocket

**Stop by and pick up a monthly menu!**

**\*\*PLEASE NOTE:** Per directive from the RI Division of Elderly Affairs and the RI Dept. of Health, Senior Services Inc. cannot allow any perishable foods to leave the congregate meal site.

**SENIOR SERVICES TEAM**

**Barbara Waterman, MA Executive Director**

**Linda Paul, Assistant Executive Director and Finance Director**

**Linda Thibault, RN, Director of Wellness**

**Rose Marie Amato, Community Information Specialist/Point Partner**

**Steve Healey, Director of Congregate Meal Program**

**Dana Chamberlain, RN Director of "A Home for the Day"**

**Holly Desrosiers, Director of Senior & Community Programs**

**Laura- Jean Ferranti, Project Director of RSVP**

**COMMUNITY INFORMATION  
SPECIALIST and POINT Network**

Senior Services, Inc. is a member of **THE POINT Aging and Disability Resource Center Network.**

*We provide resources to seniors and adults with disabilities.*

Ask us for valuable information about:

Health & Prescription Benefits \* Housing Information \* Elder Abuse  
\*Medical Assistance \* Low Income Subsidy for Prescriptions \* Medicare Saving Program \* Supplemental Medical Plans \* RIPAE \* Social Security and Medicare \* Senior Medicare Patrol (SMP) and more.....

*This service is free and confidential.  
Call 766-3734 today to be pointed in the right direction!*

**Senior Services, Inc. offices are open**

**8:00 am –4:00 pm, Monday – Friday  
(Exclusive of holidays)**

**Main Telephone (401) 766-3734**

**"A Home for the Day"  
(401) 766-0516**

**7:30 am-4:00 pm Monday- Friday  
(Exclusive of holidays)**

**Are you on-line? "Like" Senior Services Inc. on Facebook!**

## ARTSY FRIDAY CLASSES

Fridays at 8:45 am.  
In art room behind the BINGO  
machine.

### YOU ALL HAVE TALENT !

You just have to use it. Sign up and  
start creating your masterpieces.

Acrylic painting on  
canvas, shells &  
rocks plus a few  
artsy crafts.



## Senior Services, Inc. Calendar Fund Raiser!

### Donation: \$10.00

Drawings start in August

- One prize drawn daily—31 Prizes!
- Ticket holders may win more than once!
- Winners not present during daily drawings  
will be notified by telephone
- 100% of proceeds support the programs  
and services of Senior Services, Inc.
  - Please make checks payable to  
Senior Services, Inc.

Calendars may be purchased  
at the Senior Center



Are you on-line? "Like" Senior Services Inc. on Facebook!

## TRIPS TRIPS

### PROVIDENCE WATER FIRE

Saturday, September 23, 2017

Transportation, gondola ride and dinner on  
your own.

### Gloucester Lobster Cruise

Thursday August 17th \$89 per person  
Transportation, NE Clam Bake buffet and cruise!

### Vine to Wine Foliage

Sunday September 3rd \$79 per person

Travel along Mohawk Trail, Yankee Candle Store, Lunch at  
Chandler's Restaurant, then to Honora Vineyards, Putney  
Mountain Winery, and the Basketville Store in VT.

*Stop by the main office at 84 Social St  
to reserve your spot!!*

## We're on the air! "SENIOR SCENE" RADIO

WOON 1240AM from 9:00-9:30 am on the  
fourth Thursday of each month.  
This is a great resource for people wanting to stay current  
on the local scene, including Special Events,  
Classes, New Programs and Important Deadlines.  
Special guests describe and discuss benefits, services,  
and issues of interest to Northern Rhode Island senior  
citizens.



### WE'RE ON TV!

### "The PRIME of LIFE"

Check us out on Public Access Television!  
Sunday, Monday, Wednesday and Saturday at 7am!  
Cox Channel 18  
Verizon Channel 23



# **“OPERATION STAND DOWN”**

Donate your gently used adult  
winter coats and jeans to our  
**VETERANS** in need.

Senior Services, Inc. will be collecting  
jeans & coats for  
**“OPERATION STAND DOWN”**

**Drop-off begins TUESDAY, AUGUST 1st**

### Drop-off locations:

## Woonsocket Senior Center

## Navigant Credit Union, Park Ave, Woonsocket

# Navigant Credit Union, Slattersville

**BVCAP office, 32 Goff Ave., Pawtucket**

For more information call Senior Services, Inc.

at 766-3734



# **AARP Safe Driver Course**

**Friday, October 13th**  
**9:30am—2:30pm**

This is a 5-hour  
program with a 1/2 hour lunch break.  
Be sure to pre-register by calling

Be sure to pre-register by calling  
766-3734!

Join us on your lunch break for our  
delicious congregate meal!  
(suggested donation \$3.00)

\$15 for AARP members  
\$20 for non-members

*Check with your insurance company as completion of this course MAY make you eligible for a discount on insurance premiums.*



## IMMEDIATE NEED!

Can you volunteer one hour or  
more per week delivering meals  
to our  
community homebound seniors?  
**MEALS ON WHEELS NEEDS YOU!**  
Please call the "Retired Senior  
Volunteer Program"  
(RSVP) at Senior  
Services, Inc. at 401-766-3734

**Thank you!**



## FOR YOUR INFORMATION

### Do you enjoy helping others? Looking for a volunteer opportunity?

Join the Senior Medicare Patrol or the  
State Health Insurance Assistance Program!

#### Senior Medicare Patrol (SMP)

The mission of the SMP program is to empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling and education.

#### State Health Insurance Assistance Program (SHIP)

SHIP provides free unbiased, conflict-free, confidential counseling and assistance to help beneficiaries better understand their Medicare benefits, the supplementary programs associated with Medicare, and programs that help beneficiaries to pay for the costs associated with Medicare.

**Volunteer Opportunities Available:** Counseling  
Staffing Exhibits  
Making Group Presentations  
Assisting with Administration

**For additional information, please call:**

Michelle Boudreau  
Rhode Island Division of Elderly Affairs  
(401) 462-0194

**Your local SHIP Counselor/POINT Network Partner**  
**Senior Services Inc. Woonsocket Senior Center- Rose Amato 401-766-3734**



### DONATIONS TO SENIOR SERVICES

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

Senior Services, Inc. receives governmental grants/allocations, client fees and voluntary contributions for meals, but we still must raise funds each year to cover the costs of providing services to the northern Rhode Island seniors and adult disabled population. If you or a family member would like to make a tax deductible donation or leave a bequest to Senior Services, Inc., we would be happy to assist you.

Our offices are open 8:00am-4:00pm, Monday-Friday  
Main Telephone: 401-766-3734      "A Home for the Day": 401-766-0516



SENIOR SERVICES, INC  
**“A HOME FOR THE DAY”**

401-766-0516  
From the desk of Dana Chamberlin RN,  
Director  
[dchamberlin@seniorservicesri.org](mailto:dchamberlin@seniorservicesri.org)  
766-3734 ext. #28

**Senior Services Inc. adult day care program, “A Home for the Day”**,  
is available to provide a safe place for you or your loved one to socialize  
with peers in a supervised, supportive and caring environment.

“A Home for the Day” serves adults who:

- Have physical impairments that require assistance or supervision
- Have memory loss or cognitive impairments that interferes with daily functioning
- Have caregivers in need of respite

“A Home For The Day” is designed for seniors and disabled adults.

**Services are provided by an on-site Registered Nurse and licensed staff  
with an individualized care plan for each client**

- Assistance with eating, taking medicines, toileting, and/or walking
- Counseling, educational programs
- Exercise programs
- Health monitoring, blood pressures, blood sugars, diets
- Social Activities
- Wound care
- Immunizations
- Personal Care
- Therapeutic activities
- Advocacy and support for families
- Nutrition program and meals

We offer a competitive daily rate that is scaled according to income. “A Home For The Day” accepts Private Pay, Neighborhood Health Plan and Medicaid. For questions and possible financial assistance eligibility, please call us at 401-766-0516.

**MISSION STATEMENT**

A Home For The Day, a division of Senior Services Inc. of Woonsocket R.I. delivers supportive, social, economic, protective and health services that build better lives for individuals and families. A Home for the Day strives to maintain individuals in their preferred environment by keeping them healthy, happy, and active as well as helping them maintain their independence as long as possible.