



Happy New Year

AGING WELL INC. Wishing All A Very Happy And Healthy New Year!

Senior Services, Inc. has a new name.

Our new name is Aging Well Inc.

The mission of Aging Well Inc.

(formerly Senior Services, Inc.) is to promote healthy aging through programs, services and resources to enhance and enrich the lives of adults age fifty-five and older and adults with disabilities throughout the communities we serve.

We would like to express our sincere appreciation to a most generous but anonymous donor who made the donation

*"In Loving Memory of
PCE
HOB "*

We Can Not Thank You Enough!

Aging Well Inc. would like to express our sincere appreciation to Pauline Clancy for her on going efforts with the 10/10 Club and her steadfast support of Aging Well Inc. We appreciate you Pauline and "All" that you do!

Aging Well INC.

Barbara Waterman, MA - Executive Director

Linda Paul - Assistant Executive Director, Finance Director

Dana Chamberlin, RN - Director, "A Home for the Day"

Linda Thibault, RN - Wellness Director

Steve Healey - Director of Congregate Meal Program

Steve Westerman -Recreation Therapy

Penny Belisle - Finance Assistant

Lisa Jessop -Information Specialist

OFFICE HOURS

8:00 am -4:00 pm, Monday – Friday (exclusive of holidays)

Main Telephone (401) 766-3734 Fax (401) 765-5578

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

7:30 am – 4:00 pm Monday- Friday (exclusive of holidays)

visit us at www.seniorservicesri.org

Sounds of The New Year



January 2nd

Steve Burke sponsored by
Holiday Retirement and
Nursing Facility

January 9th

Russ Morency sponsored by
Trinity Health and
Rehabilitation Center

January 16th

Bud Pistachio sponsored by
Woonsocket Health and
Rehabilitation Center

January 23rd

Vini Ames sponsored by
Friendly Nursing Home

January 30th

Manny Brando sponsored by
Crystal Lake Rehabilitation and
Care Center

To Our Valued Members!

Each January, we kindly ask that our members stop by the main office on the lower level of the center and submit their \$12.00 membership fee for the year. Just one payment of \$12.00 covers your membership for the year 2020! A membership provides perks throughout the year and the membership fees help to support the program. Be sure to let your friends know too! If they are not a member, they are welcome to join us! We would love to have them as a member!



RIPTA ROAD CLINIC

Bus Passes February 7
10:00 am- 2:00 pm

Are you on-line? "Like" Aging Well Inc. on Facebook!

Exercise/Dance Classes

Seniors in Motion
Mondays, 1:00pm

Tap for Fun
Tuesdays, 10:00 am

Zumba Gold
Tuesdays, 1:30 pm

Senior Fitness
Wednesday, 10:00 am

Adult Tap
Wednesday, 2:00 pm

“YOGALATES”

Wednesday, 3:00 pm
Beginner Line Dancing

Thursdays, 1:00pm
Line Dancing

Thursdays, 2:00 pm
Ballet Class

Thursdays, 3:00 pm
Chair Exercise

Fridays, 10:00 am

North Smithfield:
Zumba Gold
Mondays, 10am
Chair Exercise
Mondays, 11am
Zumba Gold
Thursdays, 10am

Upcoming Events

January 14th URI Pharmacy

February 7th RIPTA Road Clinic
10:00 am -2:00 pm
Location: Front Lobby
Senior Center

March 3rd URI Nutrition

March 6th Podiatrist-by appointment
only. Please call 766-3734 to schedule
appointment

BLOOD PRESSURE CLINIC

Thursdays
9:00-10:30 am
Lower Level



Are you on-line? “Like” Aging Well Inc. on Facebook!

Aging Well Inc. Senior Wellness Program

In 2009, Aging Well Inc. was awarded a Title IIIB grant from the Older Americans Act through the Rhode Island Division of Elderly Affairs. This resulted in the development of The Senior Wellness Project, a health promotion and disease prevention program aimed at providing seniors in the community with the tools necessary to stay active and healthy. The Wellness Program provides health education, screenings, clinics, support groups, and exercise classes for seniors throughout northern Rhode Island.

Exercise improves balance, builds muscle, lowers blood pressure, improves mobility and decreases falls.

EXERCISE/DANCE SCHEDULE AT WOONSOCKET SENIOR CENTER

- **Seniors in Motion with Steve**
Mondays, 1:00pm
- **Tap for Fun with Fran**
Tuesdays, 10:00 am
- **Zumba Gold with Fran**
Tuesdays, 2:00 pm
- **Senior Fitness with Steve**
Wednesday, 10:00 am
- **Adult Tap with Fran**
Wednesdays, 2:00 pm
- **“YOGALATES” with Fran**
Wednesdays, 3:00 pm
- **Beginner Line Dance with Steve**
Thursdays at 1:00 pm
- **Line Dancing with Fran**
Thursdays, 2:00 pm
- **Ballet Class with Fran**
Thursdays, 3:00 pm
- **Chair Exercise with Karen**
Fridays, 10:00 am

Classes listed below are held at

Scouter's Hall in North Smithfield:

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

CLINICS/SCREENINGS

- **Blood Pressure/Nurse Consultation**
Thursdays 9:30-11:00
- **Podiatry**
Fridays by appointment
- **Immunizations**

EDUCATION

- **URI—Nutrition**
1st Tuesday every month
- **URI Pharmacy**
2nd Tuesday every month



The Senior Wellness Program is supported by Title IIIB of the Older Americans Act through the Rhode Island Department of Elderly Affairs. Donations are always welcome to help sustain the programs.

Aging Well INC.
“A HOME FOR THE DAY”

From the desk of
Dana Chamberlin RN, Director
dchamberlin@seniorservicesri.org
401-766-0516, 766-3734 ext. #28

**Aging Well 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 Aging Well 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

COMMUNITY INFORMATION SPECIALIST and POINT Network

**Aging Well Inc. is a member of *THE POINT*
Aging & Disability Resource Center Network.
We provide resources to seniors &
adults with disabilities.**

**Ask us for valuable
information regarding:**

Medicare Open Enrollment
Health & Prescription Benefits
DHS Application Assistance
Housing Information
Elder Abuse
Medical Assistance
Low Income Subsidy for Prescriptions
Medicare Saving Program
Supplemental Medical Plans
Social Security and Medicare
Senior Medicare Patrol &
more.....



***This service is free and confidential
Call 766-3734 today
to schedule your appointment
with our Community Information Specialist***

Are you on-line? "Like" Aging Well Inc. on Facebook!


Jan. 3rd, MBF: Man's Best Friend (2019) Drama Family War 1h 40m

An abandoned, sad-eyed dog waits in a shelter, quickly running out of time. Meanwhile, a military veteran suffers from Post Traumatic Stress Disorder---due to emotional and physical wounds endured for a country that seems not only ungrateful but unaware. When God brings man and dog together, will a "last chance" friendship triumph over a life-time of hurt?

Jan 10th Patch Adams (1998) PG-13 | 1h 55min | Biography, Comedy, Drama

The true story of a heroic man, Hunter "Patch" Adams, determined to become a medical doctor because he enjoys helping people. He ventured where no doctor had ventured before, using humor and pathos.

Jan. 17th Marshall's Miracle (2015) TV-PG | 1h 30min | Family

A 13-year-old boy becomes the target of bullies at his new school and is feeling hopeless, until he finds Marshall being caged up by a dog-hoarder in deplorable conditions. Finn knows he must rescue Marshall, but he has been abused by the other dogs and needs to see the vet right away. The bond of friendship is immediate.

Jan 24th October Sky (1999) PG | 1h 48min | Biography, Drama, Family

The true story of Homer Hickam, a coal miner's son who was inspired by the first Sputnik launch to take up rocketry against his father's wishes.

Jan 31st Running Wild (2017) PG 1h 39min Drama, Western, Family

Running Wild is about Stella Davis, a widow who saves her ranch by working with convicts to rehabilitate a herd of wild horses that wandered onto her property. Stella must fight prejudice, greed, bureaucracy and vanity (including her own) to finally understand that there is no better remedy to misfortune than helping another living creature.


ENJOY the GOOD LIFE!
Are you an adult over sixty or with a certified disability?

Delicious dining is served five days a week. Two daily meal choices with a menu that changes monthly, planned by our caterer and reviewed by a registered dietician.

**We know you will be pleased!
Join your friends for lunch at the
Aging Well Inc. CAFES
at any of these sites:**

WOONSOCKET: Woonsocket Senior Center, Crepeau Court,

J F Kennedy Manor, Parkview

CUMBERLAND: Chimney Hill Apartments (Tues -Fri),

Cumberland Manor, Cumberland Senior Center

BURRILLVILLE: Bradford Court (Mon -Thurs))

GLOUCESTER: Gloucester Senior Center

LINCOLN: Lincoln Senior Center

NORTH SMITHFIELD: Scouter's Hall (Mon & Thurs)

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
- EBT cards (Food Stamp) accepted at main office 84 Social Street, Woonsocket

**Stop by and pick up a monthly menu!
The ACTIVITY CALENDAR
is on the back!**



10 / 10 CLUB

TO BENEFIT AGING WELL INC.

With your help, Aging Well Inc. will be having another 10/10 club!

Tickets on sale NOW!

What is a 10/10 club?

A 10/10 club is a fundraising event in which participants pay \$10 per month for 10 months, or pay one lump sum of \$100 when ticket is purchased. Each month there is a drawing to win \$100. At the end of the 10 months, there will be a 10/10 Club Dinner where the Grand Prize winners will be drawn!

1st Prize: \$1,000

2nd Prize: \$500

3rd Prize: \$250

4th Prize: \$250

5th, 6th, 7th 8th prizes: \$100 each!

9th and 10th prizes: \$50 each!

Why is Aging Well Inc. having a 10/10 club?

To raise much needed program income. As a private, not for profit organization, Aging Well Inc. is dependent upon local, state and federal funding. Over the past few years, Aging Well Inc. has lost thousands of dollars in funding. Despite these cuts, Aging Well Inc. is committed to maintaining and expanding existing programming. Therefore, additional funds are needed to continue these programs.

Your 10/10 Club tickets may be purchased at:

Aging Well Inc. main office 84 Social St.

Pepin Lumber 830 Cumberland Hill Rd.

Bileau's Florist 665 Diamond Hill Rd

Or call Pauline Clancy at 401-769-4469

Thank you for your support!



10/10 CLUB

TO BENEFIT AGING WELL INC.

With your help, Aging Well Inc. will be having another 10/10 club!

WOULD YOU LIKE TO JOIN OUR CLUB?

NAME: _____

ADDRESS: _____

PHONE: _____

DO YOU KNOW SOMEONE ELSE WHO MAY BE INTERESTED?

NAME: _____

ADDRESS: _____

PHONE: _____



The Year in Review

December C'est Bon In Our Kitchen, Harris School Children's Christmas Party, Christmas Cookie Challenge, Fancie Follies Christmas Show & Line Dancing

November Diabetes Health Fair, Veterans Appreciation Dinner, AAA Defensive Drivers Course (Scouters Hall)

October Flu Clinic, Fancie Follies Dinner Show, Lunch & Learn at Kennedy Manor, Harris School Children's Halloween Party

September Step-Up Challenge, Quilts of Valor, AAA Defensive Drivers Course, Generations of Beauty Fashion Show and Brunch

August Operation Stand Down Kick Off Breakfast, Goodbye To Summer Luncheon Cookout

July Hawaiian Luau, Senior Resource Fair

June Flag Day-Intergenerational Observance with the Harris School students, 10/10 Club Banquet, Lunch & Learn at Gloucester Senior Center

May Lunch & Learn at Beckwith Lodge , Diabetes Boot Camp

April Volunteer Appreciation Dinner, Spring Fling Dinner Dance

March Lunch & Learn at Chimney Hill and Deerfield Common, and a new program "Beginners Line Dance"

February Valentine Dinner Dance, Lunch & Learn at The Meadows, One Mendon, and Kennedy Manor

January New Year, new program "Healthy Eating Jumpstart with Steve"

And as we enter into the new year 2020, we enter the year with our new name Aging Well Inc. and our new logo

What's New In 2020

- Jewelry Making Class with Christine Keane
- Do It Yourself-Craft Class
- Intermediate Computer Class
- An Evening with Roland Comtois
- Hair Dresser-available to members



Thank you Partners!

- *URI Nutrition and Pharmacy*
- *RIC School of Nursing*
- *Pauline Clancy 10/10 Club*
- *Harris School*
- *Beacon Charter School*
- *Dr. Joseph Domenico*

Thank you Sponsors!

- *United Health Care*
- *Blue Cross Blue Shield of RI*
- *Landmark Medical Center*
- *Champs Liquors for Keyway (Bill and Claire Allen)*