



AGING WELL INC.

Newsletter
February 2020

Aging Well Inc.
84 Social St. Woonsocket RI 02895
(401) 766-3734

Happy Valentine's Day! President's Day

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.



" Hear YE! Hear YE! "
Please join us for Aging Well Inc.
Town Hall Meeting
Thursday February 6th

10:00am- Main Dinning Hall
84 Social Street Woonsocket, RI

Some new news to share as well as an informational gathering. This is also an appropriate forum for you to discuss cares, concerns, recommendations, etc.

*Aging Well Inc. Presents
Valentine's Dinner Dance*
"Sponsored by United Health Care"
Saturday February 15th, 2020
Woonsocket Senior Center 84 Social Street
Entertainment provided by Fran Golombiewski
1:00pm to 4:00pm (Doors open at 12:30pm)

(Event flyer enclosed)

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



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

***Sounds of
The New Year***



February 6th
Steve Burke sponsored by
Holiday Retirement and
Nursing Facility

February 13th
Vini Ames sponsored by
Trinity Health and
Rehabilitation Center

February 20th
Russ Morency sponsored by
Friendly Nursing Home

February 27th
Robert Black sponsored by
Woonsocket Health and
Rehabilitation Center

The Aging Well Inc. family
would like to congratulate
"Mike Melsopp"
as this years recipient of our
Employee of The Year Award
Thank you Mike!

"A Big Thank You"
to Peter Pezzelli and his
family for their most
generous donation to
Aging Well Inc.

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



Aging Well Inc. Presents

Valentine's Dinner Dance
"Sponsored by United Health Care"

Saturday February 15th, 2020

Woonsocket Senior Center
84 Social Street Woonsocket, RI
1:00pm to 4:00pm
(Doors open at 12:30pm)
Cash Bar

Entertainment provided by Fran Golombiewski

Menu

Italian Wedding Soup
Chicken Cordon Bleu
Roasted Red Bliss Potatoes
Vegetable Medley
A Special Valentine Dessert

Cost for tickets are \$5.00 for a member, \$10.00 for a non-member
Tickets are available in the main dining hall and also
downstairs in the main office.
Call Aging Well Inc. at 401-766-3734 for more information!

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

Valentine’s Dinner Dance

Saturday February 15th

Fashions by Francine

Thursday February 20th, 10:30 -11:00am

URI Nutrition - Tuesday March 3rd

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

Saint Patrick’s Day Celebration

Tuesday March 17th

Sock Hop Dinner Dance

Saturday March 21st

BLOOD PRESSURE CLINIC

Thursdays
9:00-10:30am



**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

“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!

MOVIES IN FEBRUARY

February 7, **Unbroken** (2014) PG-13 | 2h 17min | Biography, Drama, Sport True Story

Unbroken, an epic drama that follows the incredible life of Olympian and war hero Louis "Louie" Zamperini (Jack O'Connell) who, along with two other crewmen, survived in a raft for 47 days after a near-fatal plane crash in WWII - only to be caught by the Japanese navy and sent to a prisoner-of-war camp.

February 14, **Darling Companion** PG-13 2012 · Drama · 1h 43m

Fifteen-year-old Megan Shephard and her parents will do anything to save their struggling farm. When the family discovers a wild stallion in a nearby forest they begin to wonder if this could be the answer to their prayers. Kris Kristofferson and Jodelle Ferland star in this heartwarming and inspiring tale that celebrates the spirit of family and the amazing courage and determination it takes to defeat all odds.

February 21, **Awakenings** (1990) PG-13 | 2h 1min | Biography, Drama True Story

By opening one man's eyes to the world... he opened his own. Robert De Niro (in an Oscar(s)-nominated performance) and Robin Williams star in this powerful, true story of a maverick doctor and the patients whose lives he changes. Williams plays Dr. Malcolm Sayer, a shy research physician who uses an experimental drug to "awaken" the catatonic victims of a rare disease. De Niro co-stars as Leonard, the first patient to receive the controversial treatment. His awakening, filled with awe and enthusiasm, proves a rebirth for Sayer too, as the exuberant patient reveals life's simple but unutterably sweet pleasures to the introverted doctor. Encouraged by Leonard's stunning recovery, Sayer administers the drug to the other patients. The story of their friendship during this emotional journey is a testament to both the tenderness of the human heart and the strength of the human

February 28, **Midnight Stallion** (2013) Not Rated | 1h 37min | Action, Drama, Family

Beth Winter (Diane Keaton), wife of a self-absorbed surgeon named Joseph (Kevin Kline), is decidedly lonely. One day while out driving with her daughter, Grace (Elisabeth Moss), Beth rescues a stray dog and later decides to keep it. The pooch, dubbed Freeway, fills the void in Beth's life, begins to crack Joseph's stern exterior, and acts as a matchmaker for Grace. Then, Joseph loses Freeway while out walking, leading to a frantic search that brings forth long-hidden resentment.



Aging Well Inc.
February 2020

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 dietitian.

**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))

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
- 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!**

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



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: _____