

Robert Rock Senior Center



610 Waterman Avenue
East Providence, RI 02914
401.435.7800
Fax: 401.563-7024
www.eastprovidence.ri.gov

February 2022

Message from the Mayor:

I am sure you are all aware that our City along with the Nation is currently experiencing a surge in Covid-19 cases. East Providence continues to take the lead to provide opportunities for Rhode Islanders who are now eligible, whether it be your first, second or booster, to get vaccinated at the state vaccination site located at 585 Taunton Avenue, East Providence. Testing has and continues to be a tool to slow the spread. In an effort to address the difficulties in finding test appointments in a timely manner and the long lines out in the cold, East Providence working with the Rhode Island Department of Health and has added an additional test site at Fuller Library. We as a community have been asked to make sacrifices. I am proud of our city employees, community partners and residents who have pivoted with grace to address this pandemic head on. Please stay safe. Better days are ahead of us.

Mayor Bob DaSilva



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Pat Thomas & Rhonda Marzetta
Member Services Representatives
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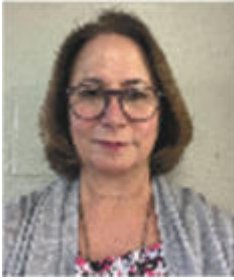
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Facilities

Fernando Dorego Kenny Atkinson

Transportation

Richard Wood Joe Serodio
Dennis Price Christopher Januario



Letter from the Director:

With the surge in Covid-19 cases and the rapid spread of the Omicron variant, a difficult decision was made to extend the closure of activities, on-site café dining, and programs for a few more weeks. The Senior Center staff continue to report to work each day and are here to provide resources and information to our members, caretakers and our residents. If you need assistance setting up a vaccine or Covid-19 test, please call 401-435-7800 and we would be happy to assist you. The Center will continue with the Grab and Go lunches. Please contact Cindy, Dining Room Manager to order a lunch for pick up or delivery at 401-270-181 Please do not hesitate to call the Center if you just want to check in and talk. Our members are like family to us and we would love to hear from you. Please stay safe by getting vaccinated, wearing a mask, washing your hands and by practicing social distancing. If you are sick, stay home and rest. As we celebrate Valentine’s Day remember the importance of loving yourself with self-care.

Sincerely,

Laura Jones

Laura Jones, Director of Senior Services
City of East Providence

East Providence Senior Center *Advisory Board*

Maryann Leonardo
Eleanor Monteiro
Judy Phillips
Jan Kinder
Jim Phillips
George Furtado
Ann Fagundes
Ken Goucher
Elaine Robinson
Donald Senna

Mission Statement

The mission of the Robert Rock East Providence Senior Center is to assist, inform, and enrich the lives of all persons 55 years of age and older or disabled persons in the East Providence area.

DAYS TO REMEMBER IN FEBRUARY:

February 2– Groundhog Day

February 14– Valentines Day

February 18– National Caregivers Day

February 21– Presidents Day– **Senior Center Closed**



We would like to give a warm welcome to our new afternoon Member Services Representative, Rhonda Marzetta! Rhonda comes on board with great customer service skills and is more than happy to assist in any way she can. Welcome to our team, Rhonda!



Need Help with Medicare/Medicaid Forms? *State Health Insurance Assistance Program (SHIP)*

Make an appointment with SHIP Counselors at the East Providence Senior Center. If you are new this year to Medicare, our SHIP counselor can walk you through the process.

Appointments are available on Mondays from 8:00 am-4:00 pm.
Call 401-435-7876 ext. 1131 to make your appointment.

TAI JI QUAN AT THE SENIOR CENTER

New Balance Program

Please join us for a free series of balance screenings. Learn how you can reduce your risk of falling by improving your balance.

Register to reserve your spot to be screened by stopping by the front desk of the Senior Center or by calling 401-453-7800.

Michele Cornwell will be presenting on Fall Prevention and ways to improve your balance. She will be introducing a new evidence-based program being offered at the Senior Center in 2022 called Tai Ji Quan Movement for Better Balance. Come hear all about it! Call the Senior Center to reserve your spot. Balance screenings will be available on this day.

Classes to be held Wednesday and Fridays 10:30AM-11:30AM starting February 2, 2022.



TUESDAYS

Cost: \$6.00 to play

Pull-tabs-.50 each

Dabbers for sale: \$1.00

1:00PM arrive to buy your BINGO packets

Game starts at 1:30 pm.

**LOOKING FOR
BINGO
VOLUNTEERS!**



COVID-19 UPDATES

Our main priority during these trying times is your safety. We would like to ensure each senior has access to testing and booster shot clinics. A new testing site has been opened and the East Providence POD is still administering booster shots to individuals that are eligible to receive their booster. See below for more information:

COVID-19 TESTING

A new testing site has opened in East Providence at the Fuller Library located at 260 Dover Avenue, East Providence RI 02914.

The testing site at the Robert Rock East Providence Senior Center located at 610 Waterman Avenue, East Providence RI 02914 is still open and taking appointments.

- At this time, all state run testing facilities are by appointment only.
- You can register for an appointment by going to portal.ri.gov on your computer or smartphone.
- If you need assistance with scheduling your COVID-19 test appointment with a state run facility, please call the Senior Center at 401-435-7800.
- The COVID-19 testing hotline phone number is 401-222-8022.



COVID-19 BOOSTER CLINICS

The COVID-19 booster clinic is still being held at the East Providence POD located at 585 Taunton Avenue, East Providence RI 02914.

Dates the East Providence POD is open for boosters:

Monday, February 7, 2022 9:00AM-8:00PM

Monday, February 14, 2022 9:00AM-8:00PM

Wednesday, February 23, 2022 9:00AM-8:00PM

Monday, February 28, 2022 9:00AM-8:00PM

*BRING VACCINATION
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APPOINTMENT!*

- You can register for a booster on the above mentioned dates and times by going to vaccinateri.org.
- If you have any issues booking your appointment online, or do not have access to a computer, please call the Senior Center at 401-435-7800 to get assistance booking your appointment.
- If you do not have transportation accommodations and would like to get your booster, please call the Senior Center and we will provide transportation for you.

Self-Care During a Pandemic

Self-care is what you do to take care of your own overall health. This can include (but not limited to) hygiene, nutrition, fun leisure activities, exercise, seeking professional healthcare services, and more! Self-care include practices that you find to be enjoyable that also can promote your physical, emotional, and mental wellbeing in a positive way. During a pandemic, it is extremely important to practice self-care. It is also important for your overall well-being and take a step back from the daily grind to participate in leisure activities that you enjoy. Here are some examples of self care that you can practice in your own home:

- *Reading a book or listening to an audio book.*
- *Write about a positive memory you have.*
- *Write a letter to friends or family.*
- *Practice yoga.*
- *Learn a new skill.*
- *Draw or paint.*
- *Prioritize sleep and get yourself in a healthier sleep habit.*



BE GOOD TO
yourself

MINDFUL MEDITATION

Fridays at 11:00 am

Join us every Friday for an hour of mindful meditation.



Space is limited. Registration is required.

Senior Center Services

Healthy Aging Nurse Coordinator

Shahnee Lagor, BSN, RN-BC

Office hours: Monday, Thursday and Friday

9:00 am-2:30 pm

Nurse is located in the Health Office

Registered Dietitian

Ann Marie, Sabula, MA, RDA, LDN, CDE, CDOE

Office hours: Tuesdays and Wednesdays by appointment

Call 401-447-6299

Eastside Clinical Laboratory

When: The first Wednesday of each month

Time: 8:30 am-11:30 am

Drop In Service: Just bring your lab slip

Notary Public

Pat Thomas, Receptionist

The Senior Center now offers the services of a notary.

Pat is available M-F 8:00 am-12:00 pm to notarize documents for our seniors.

Blood Pressure Clinics

10:30 am-11:30 am

No Registration Required

Grace Barker

2nd Tuesday of each month

Hattie Ide Chafee

3rd Tuesday of each month

Senior Shopping

Thursday Mornings by Appointment

Call 401-435-7800

The Senior Center will pick you up at your home and take you to Stop and Shop or Shaw's in East Providence.

Robert Rock Senior Center Activities

DAILY ACTIVITIES

Mondays:

9:00AM-2:30PM: Nurse Hours
10:30AM-11:30AM: Zumba Gold *
1:30PM-2:30PM: Line Dancing *

Tuesdays:

8:00AM-4:00PM: Nutritionist Hours
10:00AM-11:00AM: Smartphone Help
10:45AM-11:30AM: Chair Exercise *
1:30PM-3:30PM: BINGO! ***
2:00PM-3:00PM: Multi-Media Art Class**

Wednesdays:

8:00AM-4:00PM: Nutritionist Hours
10:30AM-11:30AM: Tai Ji Quan
1:00PM-3:30PM: Cribbage

Thursdays:

9:00AM-12:00PM: Senior Shopping
9:00AM-2:30PM: Nurse Hours
9:30AM-10:30AM: 20/20/20 Fitness *
12:30PM-3:30PM: Bridge
1:00PM-3:00PM: Knit & Crochet

Fridays:

8:30AM-9:30AM: Scrabble
8:45AM-9:45AM: Blended Yoga *
9:00AM-2:30PM: Nurse Hours
10:00AM-11:00AM: Mah Jongg
10:30AM-11:30AM: Tai Ji Quan
11:00AM-11:45AM: Meditation
12:30PM-3:30PM: Hi Lo Jack

* = \$2.00 fee per class

** = \$5.00 fee per class

*** = \$6.00 fee per class

FEBRUARY MONTHLY ACTIVITIES/PRESENTATIONS



Wednesday & Fridays starting in February 2022

Tai Ji Quan Moving for Better Balance- Learn how to reduce your risk of falling by improving your balance. Michele Cornwell will be presenting on fall prevention and ways to improve your balance. This is a progressive, evidence based class. Balance screening and registration are required.

Wednesday, February 2, 2022 8:30AM-11:00AM

East Side Clinical Lab- Do you have lab work that needs to get done? East Side Clinical Lab will be on site doing lab draws. All you need to bring is your lab slip and yourself! No registration required.



Thursday, February 3, 10, 17, 24, 2022 10:30AM-11:30AM

Computer Basics Class- Do you need help with computers? This class will be great for you! Learn about Computer Basics and acquire skills to surf the web, access emails, and more! This is a progressive class, registration is required, and space is limited.

Tuesday, February 8 & 15, 2022 10:30AM-11:30AM

Grace Barker/Hattie Ide Chaffee Blood Pressure Clinic- Keep up to date with your blood pressure. Grace Barker & Hattie Ide Chaffee will be at the Senior Center on the second and third Tuesday monthly to take blood pressure to ensure your blood pressure is in healthy standing. No registration is required.



Friday, February 18, 2022 1:00PM-2:00PM

Insight Support Group- Monthly group for those living with vision loss. If you are seeking peer support, answers to your questions, and opportunities to create new long lasting friendships, this group is for you! No registration is required.



Wednesday, February 23, 2022 10:30AM-11:30AM

Age Well, Get Connected Computer Class- Monthly computer class held once a month at the Senior Center. Sharpen up your computer skills and learn some tips and tricks on your computer or tablet. No registration required.



Friday, February 25, 2022 10:30AM-11:30AM

URI Pharmacy Diabetes Series- The Senior Center has partnered up with the URI Pharmacy Outreach Program to provide information on diabetes and how to properly manage. Learn tools, tips, and recommendations on how to better manage diabetes. Registration is required.

Nurse and Nutritionist

Part time Nurse and Nutritionist are on site to assist you with any health related or dietary needs. Schedule an appointment with Shahnee or Ann Marie today to learn more about maintaining a healthy lifestyle. Check the daily activities page for nurse and nutritionist hours.

Senior Shopping

Senior Services will pick you up at home to go grocery shopping at Stop & Shop or Shaw's weekly. Limit 4 bags per person. Everyone is given an hour to shop for their items. Senior services will drop you back home. \$1 transportation fee. Registration is required.

Zumba Gold

Lower intensity workout geared towards seniors to allow time to learn the steps and styles of dance and implement them into a workout. Mondays 10:30AM-11:30AM \$2.00

Knit & Crochet- Craft Group

Join us weekly to knit and crochet various items. Learn about new patterns and designs. Thursdays 1:00PM-3:00PM. No registration required.

Line Dancing

Fun, healthy, and rewarding activity and exercise. Learn the steps of line dancing and enjoy some great company while doing it! Mondays 1:30PM-2:30PM \$2.00 per class.

Blended Yoga

Blended yoga is a class to see great physical benefits as well as find peace and reconnect with yourself. Friday's 8:45AM-9:45AM \$2.00 fee per class.

Smartphone Help

Learn tips and tricks on your smart phone. Learn about text messaging, internet use, and apps right from your smartphone! Tuesdays 10:00AM-11:00AM. Free service.

20/20/20 Fitness

Three workouts in one! This senior geared class gives you 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching/core work. Thursday's 9:30AM-10:30AM \$2.00 per class.

Chair Exercise

Seated chair exercises are wonderful for your health and keeps the mind active. Learn easy chair exercises in this class that will help keep you active and comfortable. Tuesdays 10:45AM-11:45AM \$2.00 per class.

Hi Lo Jack

A game of chance, visit us to play Hi Lo Jack weekly with other members of the community. Fridays 12:30PM-3:30PM. No registration required.

Multi-Media Art Class

Experience working with different mediums to create your own artwork! Tuesdays 2:00PM-3:00PM . Call the Center to get a supply list. No Cost.

BINGO!

BINGO is a game of chance that is held weekly at the Senior Center. Come visit us for some fun games! Tuesdays 1:30PM-3:30PM. \$6 per player card. \$1 daubers for sale. No registration required.

PACE Chair Exercise

When you do chair exercises, you reduce the risk of falls. The movements in PACE Chair Exercise are low impact that increase blood flow and strengthen your muscles. Free class.

Cribbage, Bridge, Scrabble, Mah Jongg

Each game is offered weekly at the Senior Center and do not require registration. Take a look at our daily activities calendar to see which day we will be hosting these games weekly! All free to play.

IPi

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Monthly Computer Classes for Older Adults
4th Wednesday of each month.

To Register Call EPSC at 401-435-7800



NEED ASSISTANCE WITH YOUR SMARTPHONE?



Drop by the East Providence Senior Center on
TUESDAYS FROM 10AM-11AM

Learn some tips and tricks with your Smart
Phone!

No registration required

Computer Basics with Amanda

Cost: Free

Registering now for the next 4 -week session.

Chrome Book computers available to use or bring
your own laptop or tablet.



Call 401-435-7800 for more information on how to register for classes. Space is limited.

Mark your Calendars

Blood Pressure Self-Monitoring Program

Elevated Blood Pressure is often referred to as the "silent killer" because there can be no signs or symptoms until it's too late putting many people in danger of heart disease and stroke. According to new research nearly one in two adults living in the United States have hypertension. Could you be one of them?

Join us for an informational session on our Blood Pressure Self-Monitoring Program on Monday, February 14, 2022 at 10:30AM.

Registration is required.

Come learn about the program and how you can:

- Receive a free loaner blood pressure cuff to take home
- Learn how to properly take your blood pressure
- Meet with our nurse monthly to review your numbers
- Take part in our monthly nutrition seminars



WINTER BLACK BEAN SOUP

Servings per recipe: 4

Serving size: 1¼ cups

Ingredients:

2 teaspoons vegetable oil
½ cup chopped onion
1 tablespoon chili powder
1 teaspoon ground cumin
1 (14.5 ounce) can diced tomatoes, no salt added
2 (15 ounce) cans low-sodium black beans,
drained and rinsed
1 cup water

Directions:

1. Heat oil in a large saucepan over medium heat. Add onion and cook. Stir until onion begins to soften, about 2-3 minutes.
2. Add chili powder and cumin. Cook and stir for 1 minute.
3. Add tomatoes, beans, and water. Bring to a boil. Reduce heat, cover, and simmer for 10 minutes.



HEALTH & WELLNESS

9 STEPS TO PROMOTE HEART HEALTH

Heart disease is the leading cause of death for both men and women worldwide. Research shows that 1 in 4 deaths can be attributed to heart disease. Experts say it doesn't have to be this way. Many risk factors that contribute to cardiac diseases can be controlled with a healthy lifestyle.

In honor of National Heart Month, recognized in February each year, here are some steps you can take to lower your risk for heart disease.

1. Eat a healthy breakfast:

Start the day off right with a well-balanced breakfast. This sets the tone for the food choices you'll make all day. A breakfast high in fiber and protein, such as a bowl of oatmeal or a smoothie, will also keep you feeling full longer. That makes you less likely to reach for sugary treats midmorning.

2. Sweets in moderation:

Everyone likes a sweet treat now and then. The key is to indulge only in moderation. Elevated blood sugar levels are linked to heart disease, especially for women. The American Heart Association guidelines recommend no more than 6 teaspoons per day of added sugar for women, and 9 teaspoons for men.

3. Skip processed foods:

Western diets are often filled with packaged and processed foods. Though they may be convenient, most are high in sodium, trans fat, and calories. Too much sodium increases blood pressure putting you at a high risk for

cardiac-related illnesses. The added calories and fat can also contribute to weight gain and obesity.

4. Limit alcohol:

You may be surprised to learn that overindulging in alcohol can increase your risk for heart disease. While some studies seem to indicate red wine is good for your heart, it's important to limit how much you consume. Ask your physician for advice on how much alcohol is safe considering your personal medical history.

5. Stay active:

A sedentary lifestyle, especially when combined with a lack of exercise, also raises your risk for heart disease. In fact, researchers say sitting too much can be as dangerous for your health as smoking! Lower your risk by exercising at least 150 minutes a week and avoid sitting for long periods of time. It might help to invest in a fitness tracker that counts the steps you take, as well as alerts you if you've been sedentary for too long.

6. Sleep well:

Many adults underestimate the importance of a good night's rest. Too little sleep leaves you tired

and groggy. That can cause you to make bad choices during the day, such as watching too much television or indulging in too many carbohydrates. If you aren't able to sleep well or if you feel tired when you wake up, talk to your physician. You might have a medical issue that needs to be addressed.

7. Manage stress:

Finding positive ways to manage stress is another important factor in maintaining a healthy heart. Walking, cycling, swimming, and yoga are a few types of exercise that help. Spending time enjoying friends and family is another stress-buster. Keeping a daily journal may also be a good idea. Documenting the day's ups and downs can help you find perspective that you might not otherwise.

8. See the doctor:

Having a physician you can count on and feel comfortable with is important. You are more likely to stay on track with preventative tests and screenings when you have a doctor you see on a regular basis.

9. Stop smoking:

If you are a smoker, find a cessation program that will allow you to kick the habit. Smoking is a leading cause of heart disease. One out of five heart-related deaths in this country can be linked to smoking.

Learn More about Heart Health

Visit the American Heart Association online where you will find a variety of resources ranging from recipes to exercise tips!



Do you need help with your taxes? Make an appointment with Patty from AARP to get the ball rolling on your taxes. The AARP team will be at the Senior Center every Monday from 2/7/22-4/11/22. Appointments are mandatory. If you are interested, please see below for items you will need to bring with you the day of your appointment.

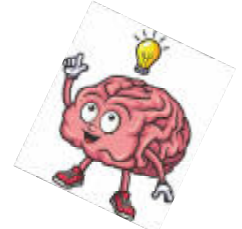
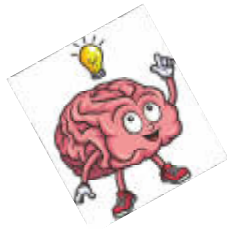
ITEMS TO BRING– MASKS MUST BE WORN

- Photo ID, Driver's License, last year's tax return
- Social security card for taxpayer, spouse, dependents
- Birth dates for taxpayer, spouse, and dependents
 - W2-Wages/Earnings
 - W2-G Gambling Winnings
 - 1099G Unemployment
 - 1099R Pension/Annuity
- SSA-1099 Social Security Statement (has a pink box)
 - 1099INT and 1099DIV Interest and dividends
- 1099B Brokerage Statement (**APPOINTMENT MUST BE AFTER MARCH 15**).
 - 1099MISC Miscellaneous Income
 - 1099NEC Non-employee Compensation
- Alimony, date of divorce, amount, former spouse full name, former spouse SS#
- **Form 1444** Stimulus payments received, **Form 6419** Advanced child tax credit
 - 1098-T Education, tuition
- Dependent/Childcare-Provider's name, address, EIN #, amount paid for each child
- Rent– Landlord's name, address, phone #, amount paid– for property tax relief credit
 - Proof of health insurance-1095A if from the marketplace/Healthsource RI
- COVID-19 sick leave, family leave information, advanced child tax credits if applicable.

Returns will be prepared by a volunteer tax preparer. It is expected that the return will be completed within three hours subject to missing or incomplete information. The taxpayer will be notified and can pick up the return along with signing the documents after a quality review is conducted.

For information or an appointment, please call Patty Breen at 401-246-1678

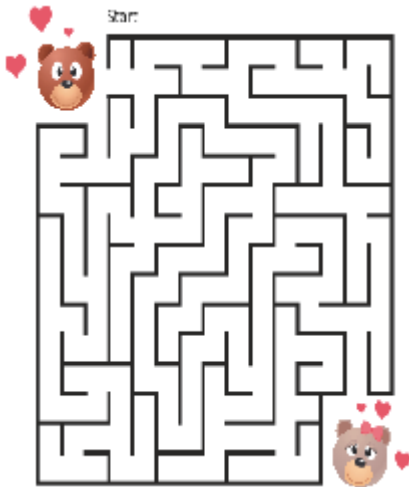
Brain Teasers



Valentine's Day Word Search



- | | | | |
|-----------|----------|-----------|-----------|
| love | candy | caring | hugs |
| cupid | cards | February | chocolate |
| valentine | flowers | affection | gifts |
| heart | kindness | kisses | roses |



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Happy Valentine's Day



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Please call our dining room at 401-270-1814 to place your lunch order 24 hours in advance.

February 2022

Lunch is served at 12:00 pm

Menu items are subject to change due to being unavailable to obtain.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Funded in part by the US Administration on aging and state funds by the RI OHA</i></p>	<p>1 Potato and Leek Soup Oven Roasted Turkey w/ Gravy Normandy Blend Vegetable Stuffing Pumpernickel Bread Turkey and cheese w/ mayo on Pumpernickel</p>	<p>2 Split Pea Soup Corned Beef w/ mustard Boiled Potato Carrot and Cabbage Blend Rye Bread Fresh Fruit Corned Beef and Swiss w/ mustard on Rye</p>	<p>4 Beef Vegetable Soup Beer Battered Fish w/ tartar sauce Mashed Potato Green Beans Pudding Roll Beer Battered Fish w/ tartar sauce on Roll</p>	<p>4 Red Chowder Egg Salad on Tossed Salad w/ Dressing Pie Pita Bread Egg Salad on Pita bread</p>
<p>7 100% Juice Cheese Omelet Sausage Patty Tomato Half Fruit Cup Croissant Cheese Omelet on croissant</p>	<p>8 Chicken Soup w/ egg barley Italian Style Chicken Culet Rice Pilaf Cole Slaw Brownie Italian Bread Chicken Culet on Italian w/ mayo</p>	<p>9 Minestrone Soup Seafood Salad Pasta Salad Broccoli Slaw Fresh Fruit Wheat Bread Seafood Salad on wheat</p>	<p>10 Cream of Broccoli Soup Chicken Cacciatore Roasted Potato Mixed Vegetables Peaches Dinner Roll Grilled Chicken on roll w/ mayo</p>	<p>11 Italian Wedding Soup Beef Tips w/ Mushrooms Buttered Noodles Sliced Carrots Cookie Wheat Dinner Roll Pub Burger on Wheat Hamburger Roll / mustard</p>
<p>14 Split Pea Soup Baked Ham w/ Pineapple Sweet Potatoes Mixed Vegetables Rye Bread Butterscotch Pudding Ham Salad on Rye</p>	<p>15 Pasta and Bean Soup Baked Fish w/ cream topping Oven Roasted Potato Green Beans Marble Bread Coffee Cake Fish Sandwich on Marble w/ tartar sauce</p>	<p>16 Chicken Soup Fried Steak w/ Country Gravy Mashed Potato Winter Blend Vegetables Fresh Fruit Wheat Bread Fried Steak on Wheat w/ mayo</p>	<p>17 Barley Veg. Soup Roasted Chicken Quarter Seasoned Whole Wheat Pasta Capri Blend Vegetables Pudding Pumpernickel Bread Chicken Salad on Pumpernickel</p>	<p>18 Minestrone Soup Yankee Pot Roast w/Gravy Parasiled Potatoes Seasoned Zucchini Fruit Cocktail Oatmeal Bread Pot Roast on Bulky roll</p>
<p>21 CLOSED President's Day </p>	<p>22 Cream of Spinach Soup Chicken Marsala Roasted Herb Potato Mixed Vegetables Country White Bread Sliced Peaches Grilled Chicken on white bread w/ mayo</p>	<p>23 Lentil Soup Low Sodium Hot Dog w/ mustard Baked Beans Cole Slaw Jello Dinner Roll Low Sodium Hot Dog on a roll w/ mustard</p>	<p>24 Venus de Milo Soup Swedish Meatballs Buttered Noodles Sliced Carrots Multi Grain Bread Cupcake Meatball Grinder on a roll</p>	<p>25 Clear Chowder Seafood Casserole Rice Pilaf Broccoli Cuts Wheat Bread Fresh Fruit Seafood Salad on Wheat</p>
<p>28 Beef Barley Soup Meatloaf w/Gravy Baked Potato w/Sour Cream Mixed Vegetables Wheat Bread Chocolate Pudding Meatloaf w/ ketchup om wheat</p>	<p>ALL SANDWICHES INCLUDE 100% JUICE L/S CHIPS DESSERT MILK</p>			
<p>All menu items may contain Nuts, Seeds, Bran, Beans, Wheat, Eggs and other allergens. MENU ITEMS ARE SUBJECT TO CHANGE</p>				