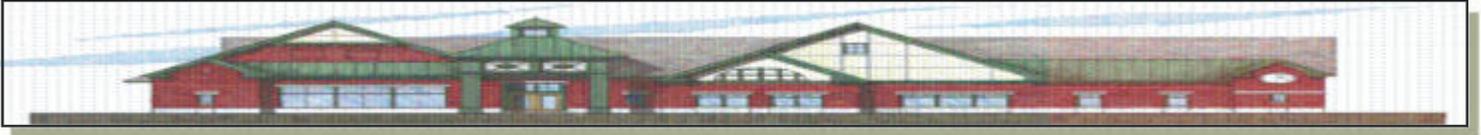


WEST WARWICK SENIOR NEWS

APRIL 2021

Our Mission is to Improve the "Quality of Life" for Seniors



WEST WARWICK SENIOR AND COMMUNITY CENTER
145 WASHINGTON ST. W. WARWICK, R.I. 02893 (401) 822-4450

STAFF

**PRESIDENT/CEO,
DIRECTOR OF
HUMAN SERVICES:**

Manny Murray

**ADMINISTRATIVE
MANAGER:**

Sharon Musco

DAILY OPERATIONS

Dennis Chatelle

TRANSPORTATION:

*Dave Froehlich
(With special guest
appearances by
David Tyler)*

MEALSITE MANAGER:

MaryAnne Iannitti

DATA INTEGRITY:

Paula McCormick

DISTRIBUTION:

Arthur Potter

RECEPTIONIST:

Paulette Rainey-Brown

SPECIAL PROJECTS:

Debra McQueen

**COVID SANITATION
AND SAFETY**

Linda Rodas

**FOSTER
GRAND PARENT
PROGRAM:**

DIRECTOR:

Linda Plante

COORDINATOR:

Melissa Dussault

REFLECTIONS ON THE MONTHS OF FEBRUARY & MARCH

The "Rollout" of the COVID-19 Vaccine for our Town's residents aged 75+ was headed up by our dedicated Fire Chief Jeffrey Varone, who is also the Town's Emergency Management Director. Chief Varrone as well as his supportive and knowledgeable staff's actions during this time where nothing short of exemplary.

During the "rollout" Chief Varone reached out to myself as Senior Center / Human Service Director for the Town to serve as a resource and added support to get all the necessary notices and subsequent calls made to our eligible Senior population and in accordance with the State of Rhode Island's Guidelines!

Notifications from the Chief activated a "Red Alert" that went out to Seniors 75 and older advising their next steps with regards to registering for the Vaccine. The Senior Center became the central call center for the Town receiving and returning hundreds of calls daily to be signed up for the COVID Vaccine.

My dedicated Staff went into action immediately. They worked long hour days as well as several weekends to ensure all calls were handled in a timely and professional manner. They also assured that all appointments were prioritized by age and by medical conditions.

I want to extend a Big Thank You to my Staff, Sharon Musco, Administrative Manager, Mary Anne Iannitti, Mealsite Manager and Deb McQueen, Special Projects for their dedication and hard work and ability to coordinate a plan to execute the roll out and at the same time continue to manage our busy daily responsibilities!! Thank you also to Linda Plante and Melissa Dussault who oversee the Foster Grandparent Program who supported us in this effort. Also, thank you to Arthur Potter, Dennis Chatelle, David Froehlich, Paula McCormick and Linda Rodas who kept our meal program, and other Senior Center functions running smoothly.

Other Town Departments such as the Town Managers Office, the Civic Center, WW Fire Dept. and the Recycling Coordinator also were involved in making this plan come together.

We were also fortunate to have the West Warwick Firefighters and many volunteers available as great resources for conducting the weekly Vaccines at the Civic Center. Sharon Musco, Arthur Potter, our Vice Chairman, George Kelly and myself where proud to also volunteer our time at the weekly Vaccine Clinic.

It was very uplifting to see all the deserving Seniors receive their vaccines. The oldest Senior was 103 years old...

It was an experience I will never forget.

I HAVE NEVER BEEN SO PROUD OF OUR COMMUNITY

AS I AM RIGHT NOW!!

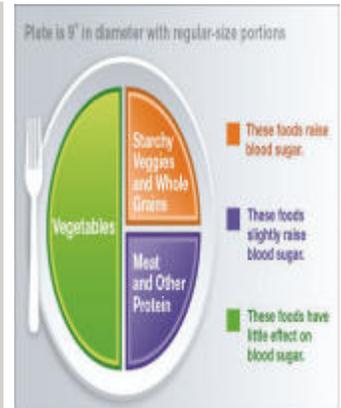


West Warwick Senior Center

DIABETES DIET

Diabetes is a complicated disease state that not only affects blood sugar, but your eyes, kidneys, and nerves as well. Many different factors play into whether or not you will develop diabetes (particularly type 2 diabetes), like family history, diet and exercise. Frequently, we may overlook the essential role of diet in controlling blood sugar even after being placed on medications.

The Diabetes Plate Method shows you the recommended portion sizes for your meals; 50% of your plate should have non starchy veggies, 25% should have carbs, and 25% should have lean protein, along with a cup of water or 0—calorie drink. Combination foods like pizza can also be broken down into these categories; the crust is the carb portion, the meat/cheese toppings are the protein, and the tomato sauce is the non starchy veggie. Think about having a side salad to incorporate more non starchy veggies if you are going to have something like pizza.

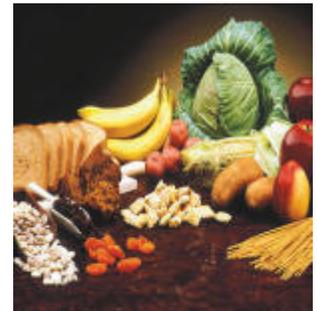


Nutrition Facts

Serving Size 2 tbsp. (33g)	
Servings Per Container 7	
Amount Per Serving	
Calories 20	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Sodium 190mg	8%
Total Carbohydrate 2g	1%
Protein 1g	
Vitamin A 2%	• Vitamin C 15%
Iron 10%	• Vitamin B6 20%
Vitamin B12 4%	
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, sugars, and calcium.	
* Percent Daily Values are based on a 2,000 calorie diet.	

Reading a nutrition level is key to knowing how much of each macronutrient you're ingesting. First, always look at the serving size, as this is the reference to all the below information. For diabetes, perhaps the most important piece of information is the total carbs. Each meal (if having 3 meals daily) should contain 45-60g of carbs, or 30-45g of carbs if you are trying to lose weight. Snacks should consist of no more than 20g of carbs. *Tip: total carbs include the amount of sugar, so always look at this instead of sugar content.

While we can't completely cut carbs out, there are some healthier options to be aware of! Substituting white bread or pasta with whole wheats or grains helps keep you full, as they're harder for your body to break down. If you love sweets or candy, try having fruit instead to curb those cravings. If you add sugar to things like coffee, try substituting regular with stevia, a natural sweetener.



STARCHY VEGETABLES
Beware of the vegetables below, as they are higher in carbs!

Potatoes	Squash
Corn	Yams
Peas	Beans

IMPORTANCE OF PROTEIN

Protein helps keep you full!
Incorporating more protein in our diet can help you cut down on carbs.

DON'T FORGET THE WATER

Did you know that water can help keep blood sugar down? Think of it like diluting the sugar in your blood. You should have between 1/2 - 1 oz. of water per each pound you weigh.

We are so excited to share that the **West Warwick Senior & Community Center** has been selected to be a part of the **Stop & Shop Bloomin' 4 Good Program**, created to fight the hunger crisis across the communities we serve.

For the month of *April*, each time a \$9.99 **Bloomin' 4 Good Bouquet** with a *Red Circle Sticker* is purchased at the *Stop & Shop* located at:
300 Quaker Lane Warwick RI,

\$1 will be donated to the **West Warwick Senior Center Emergency Food Pantry.**

You may be thinking, **ONE DOLLAR?** According to "Feeding America", just \$1 will allow partners to secure and distribute meals to those in need. This is a great way to raise awareness in the local community, fight hunger and raise donations for our organization. Flowers can brighten a room, spread a smile or make someone's day. Supporters can buy two, three or more bouquets throughout the month. The more bouquets sold, the more donations raised and the more people in need we can feed! Let's get started! We can begin by spreading the news to our friends and family. Call, send emails, and post on social media.

To learn more about this program,
Please visit stopandshop.bloomin4good.com.



West Warwick Senior Center Fun Stuff

HAPPY BIRTHDAY TO OUR MEMBERS WHO HAVE APRIL BIRTHDAYS



Happy Birthday To:
4/3 - MARGARET TYLER
4/6 - PATRICIA LEE
4/11 - CYNTHIA HINRICHS
4/15 - LOUIS DEMERS
4/30 - GERARD HEROUX
4/30 - LIPPEE



CUTE STORY ABOUT MY GRANDSON DREW.

So, the Senior Center has been closed to the public for one year March 13th. During the year I must have passed this hand written letter on a yellow piece of paper pinned to our bulletin board well over 300 times during the course of the year.

Now, my Grandson Drew who was 10 years old at the time, use to come to the Center when he was on school break (*again this was over a year ago*) to help with the meal site or any other chore I can find for him, he truly enjoys coming here and mingling with our Seniors.

I looked at the handwritten note and it reads:

Drew Iannitti — Why I think that the Senior Center is Important.

-The first reason is plain & simple. It is extremely useful. Many citizens that are qualified as seniors can finally go to a place to get a meal served to you. This is a good way to converse, and it is much more simple than a restaurant.

- The next reason isn't very hard to see, it's the staff. I have been at the Senior Center for long enough to know how great the staff are. They care about your environment, your health, and the amount of food vs. money ratio, so you can always have the best prices.

- The last reason: the environment overall. It has great people , places, food prices, and so much more!

(and he ends it with)



Like this article?
Email me: dmiannitti@gmail.com



WEST WARWICK SENIOR CENTER

Name: _____ Date: _____



Feeling Grateful Word Search

What are YOU thankful for on Thanksgiving Day and all the other days of the year? Here are a few ideas to get you started.

ANIMALS
BED
BIRTHDAY
BOOKS
CARS
CHALLENGES
DAD
EARTH
FAMILY
FLOWERS
GRANDPARENTS
HEALTH
HEARING
HEART
HOME
ICE CREAM
JOKES
LAUGHTER
LUNGS
MOM
MOON
MUSIC
NATURE
OXYGEN
POPCORN

L	E	R	D	I	D	N	V	I	K	B	S	T	E	A	C	H	E	R
X	Q	I	A	C	C	D	V	G	P	S	R	E	W	O	L	F	V	S
T	Q	Q	D	E	S	J	Q	E	S	L	A	O	R	G	U	Q	T	Z
A	R	Y	G	C	R	B	G	T	Z	T	C	O	J	U	Z	C	E	C
S	T	N	E	R	A	P	D	N	A	R	G	X	N	H	T	S	F	M
T	W	M	A	E	T	J	N	N	E	I	S	Y	P	Z	R	A	K	S
E	O	A	R	A	S	M	I	O	A	D	I	G	W	G	Y	A	N	E
H	B	S	T	M	X	M	C	T	O	I	V	E	A	N	Q	O	I	G
C	S	I	H	Z	A	B	Z	V	R	M	K	N	N	I	V	B	L	N
U	B	Z	Z	L	Z	N	O	I	T	A	C	A	V	D	Q	O	H	E
O	H	P	S	U	N	S	H	I	N	E	E	Y	N	A	L	Q	H	L
T	G	O	F	B	I	R	T	H	D	A	Y	H	X	E	K	T	U	L
D	E	P	Q	C	P	X	P	T	Y	K	H	E	A	R	I	N	G	A
X	X	C	T	H	G	I	S	L	F	A	M	I	L	Y	G	B	F	H
S	K	O	O	B	W	C	M	A	E	H	Z	U	G	S	V	B	E	C
X	F	R	Q	V	H	U	V	E	I	G	H	J	R	D	M	Q	U	D
D	G	N	S	O	S	I	N	H	V	T	M	S	F	S	E	O	H	S
S	Z	E	O	I	L	L	E	M	S	E	K	O	J	F	I	J	M	B
Z	Z	L	C	L	A	U	G	H	T	E	R	H	Z	P	H	L	A	A

RAIN
READING
SCHOOL
SHOES
SIGHT
SMELL
STARS
SUNSHINE
TASTE
TEACHER
TOUCH
VACATION





We are excited to announce the Kickoff of our new collaboration with University of R. I. & W. Warwick Senior Center's "Cyber Seniors Program" Staff member MaryAnne Ianniti who oversees this program identified, registered and delivered all Seniors signed up for the program their own personal iPad, Hot Spot, as well as training and continued support from URI students!!!

SOME COMMENTS:

"I never expected the iPad to be so nice. My URI Intern has already helped me set up an e-mail account and I am practicing with that right now" -Linda R.

"The program is going great! I already had my first Zoom Meeting on the iPad. I am very thankful for this opportunity" -Dale F.

**Special Note: We are hoping to continue the program for the summer semester with new participants. If interested in getting on the waiting list for the next semester, Please call the W. Warwick Senior Center at 822-4450
Ask for extension #105 MaryAnne**



Ronnie Tosoni

Real Estate Professional



401-486-8123

ronnietosoni@gmail.com

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**"HOW OLD WOULD YOU BE
IF YOU DIDN'T KNOW HOW OLD YOU WERE?"**
(LEROY "Satchel" Paige)

**WEST WARWICK SENIOR CENTER'S
BOARD OF DIRECTORS:**

Chairperson - **Barbara Tabak**
Vice Chairperson - **George Kelly**
Treasurer - **Patricia Doyle Chatelle**
Secretary - **Pat DiFolco**
Director - **Mary Burke**
Director - **Dr. Kathleen Carty**
Director - **Jason Messier**
(*Town Council Liaison*)
Director - **Ed Giroux**
Director - **Ellen Hammond**

****Director Emeritus: Frank Parente****



Find us on:
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Foster Grandparent Program

If you are interested in improving our community by helping children get a good scholastic start, we are seeking volunteers in the Foster Grandparent Program ... **also known as "Classroom Grandpa's and Grandma's"** Volunteers will receive a tax-free stipend of \$3.00/hour. This stipend will not affect income taxes, Social Security, Food Stamps, housing, or Supplemental Security Income. Volunteers will also receive mileage reimbursements or a bus pass, paid leave hours and paid holidays. If you can commit to at least 15 hours a week.

Call 822-4450 and ask for the Foster Grandparent staff to learn more!


**We're
Searching for
Volunteers**