

WEST WARWICK SENIOR NEWS

JANUARY 2022

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

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AGE: IS IT JUST A NUMBER??

Perceptions are changing. If 40 is the new 20; & 60 is the new 40; and 80 is the new 60, who is really a senior citizen? One thing for certain, it's difficult to define. If polls are any indication, the new "60ish" crowd does not view themselves as older; in fact, they prefer to call themselves the "Baby Boomer Generation."

A Marist College Institute for Public Opinion reflects the diverse views associated with drawing the line of demarcation. For persons age 45 or younger, "old or middle-aged" is defined as persons who are 61 or older. Not surprisingly, those 61 and older tend to see themselves as "young." A quick tour of the Internet shows an even split between defining "senior citizens" as persons either 60 or 65 years old. On the international stage, it seems that the magic number is 60. The issue only gets more perplexing as you venture out into the world of business or government programs.

Social Security is not much help. While persons can begin collecting reduced benefit checks at age 62, the age at which a person can retire at full accrued benefits has to be viewed through a kaleidoscope of changes made in the 1980's. For example, if you were born in 1937 or earlier, your full retirement age is 65. After that, it gets interesting. For those born in 1938, the full retirement age is 65 years and 2 months. Persons born in 1940 can retire with full benefits at age 65 and 6 months. Persons born from 1942 through 1954 have a full retirement age of 66.

After 1954, we jump back on the merry-go-round again. For persons born in 1957, their magic number is 66 and 6 months. You get the idea. For a full retirement age benefit chart, go to www.ssa.gov. Thus far, Medicare eligibility has not been affected by Congressional age-related mathematics. The age is still 65. You are also eligible to enroll in Medicare, after 24 months, if you are receiving Social Security Disability Income (SSDI) payments at any age.

It may surprise you that the federal government is clear about age requirements for many programs that are funded under the provisions of the Older American Act. The age is set at 60. The Act also funds programs for those who are receiving SSDI at any age. Some of these services include adult day care, senior and community meal sites, transportation, case management, heating assistance or legal assistance.

After all the facts are gathered and the surveys are tallied, the real age of a "senior citizen" seems to be governed by attitude. Age it seems, just as beauty, is in the eyes of the beholder.

Did you ever wonder: "How old would you be if you didn't know how old you were?"

(Leroy "Satchel" Paige)

HAPPY NEW YEAR 2022

West Warwick Senior Center CLASSES AND ACTIVITIES



TUESDAY ZUMBA GOLD \$3 PER CLASS

TUESDAY 10:AM - 11:00AM

INSTRUCTOR: **NANCY GRIFFIN REED**

TUESDAY NIGHT ZUMBA \$5 PER CLASS

TUESDAY 5:30PM - 6:30PM

INSTRUCTOR: **AMY EBERLE**

SENIOR YOGA \$5.00 PER CLASS

You do not need any experience!

What to Expect: Gentle warm up movements, breath awareness exercises, simple yoga postures that stretch, strengthen, and balance your body, and finally a short period of relaxation.

WEDNESDAYS 11:00 - 12:00

YOGA INSTRUCTOR: **CHRIS BELANGER**



TUESDAY T'AI CHI CLASSES \$5 PER CLASS

T'ai Chi for Health is an enjoyable exercise that can improve health and your ability to do things.

CLASS: Tuesday 12:00 PM - 1:00 PM

T'AI-CHI INSTRUCTOR : **DEBORAH LEONG / 6th Degree Master**



MONDAY LINE DANCE CLASSES




Mondays 12:30 - 1:30pm Basic Line Dance
Mondays 1:30 - 2:30pm Advanced Line Dance
\$3 PER CLASS

LINE DANCE INSTRUCTOR
JACKIE WILSIE



JANUARY 2022 MENU

WEST WARWICK SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN SOUP ³ MEATBALL & PEPPER SAND. ROASTED POTATOES 3 BEAN SALAD WHOLE WHEAT ROLL DESSERT	VEGETABLE SOUP ⁴ ROASTED CHICKEN LEG 1/4 PEAS & CARROTS SWEET POTATOES MULTI GRAIN ROLL DESSERT	MUSH. BARLEY SOUP ⁵ LIVER & ONIONS W/BACON ROASTED ZUCCHINI & CARROT DESSERT	TOMATO SOUP ⁶ CHICKEN MARSALA MASHED POTATOES GREEN BEANS SNOW FLAKE ROLL DESSERT	KALE & BEAN SOUP ⁷ BAKED FISH RICE PILAF (BROWN RICE) STEAMED BROCCOLI DESSERT
MINESTRONE SOUP ¹⁰ VEAL & PEPPER STEAMED PEAS WHOLE WHEAT ROLL DESSERT	TOMATO SOUP ¹¹ BEEF CASSEROLE OVER BUTTERED NOODLES SLICED CARROTS GARLIC BREAD DESSERT <u>SHOPPING</u> <u>AFTER LUNCH</u>	ESCROLE & BEAN SOUP ¹² SWEDISH MEATBALLS MASHED POTATOES BUTTERED CORN WHEAT ROLL DESSERT	LENTIL SOUP ¹³ CHICKEN PARMESAN CAULIFLOWER & BROCCOLI ROASTED POTATOES ITALIAN BREAD DESSERT	CHICKEN SOUP ¹⁴ SLOPPY JOE ON A MULTI GRAIN ROLL COLE SLAW POTATO WEDGES DESSERT
<u>MEALSITE CLOSED</u> MARTIN LUTHER KING JR. DAY	NAVY BEAN SOUP ¹⁸ SAUSAGE & PEPPER SANDWICH ON WHEAT ROLL CAULIFLOWER/BROCCOLI CARROTS DESSERT	CHICKEN SOUP ¹⁹ SHEPARD'S PIE MASHED POTATOES MIXED VEGETABLE BISCUIT DESSERT	CRM. MUSHROOM SOUP ²⁰ FRENCH ONION BAKED CHICKEN MIXED VEGETABLES SWEET POTATOES SLICED BREAD DESSERT	CLAM CHOWDER (RED) ²¹ BAKED FISH W/ LEMON BUT. RICE PILAF BROCCOLI FLORETS DESSERT
CHICKEN NOODLE SOUP ²⁴ BAKED ZITI W/ MEATBALLS & SAUSAGE WAXED BEANS GARLIC BREAD DESSERT	LENTIL SOUP ²⁵ CHICKEN CACCIATORE FINGERLING POTATOES GREEN BEANS MULTI GRAIN ROLL DESSERT <u>SHOPPING</u> <u>AFTER LUNCH</u>	TOMATO SOUP ²⁶ CHICKEN FAJITA W/ PEPPERS & ONIONS SPANISH RICE DESSERT <u>URI PRESENTATION:</u> <u>STAYING HEALTHY</u>	<u>BIRTHDAY LUNCH</u> PASTA & BEAN SOUP ²⁷ POT ROAST W/ GRAVY ROASTED POTATOES ZUCCHINI WHOLE WHEAT ROLL DESSERT 	VEGETABLE SOUP ²⁸ BBQ PORK SANDWICH ON WHOLE WHEAT ROLL COLE SLAW DESSERT
MINESTRONE SOUP ³¹ PUB BURGER W/ CHEESE ON WHOLE WHEAT ROLL MIXED VEGETABLES DESSERT			SUGGESTED DONATION \$3.00 <i>Donations help maintain the Meal Program</i> <u>PLEASE INFORM OUR MEAL SITE STAFF OF ANY FOOD ALLERGIES YOU MAY HAVE</u>	<u>PLEASE NOTE:</u> RESERVATIONS REQUIRED CALL 822-4450 PLEASE RESERVE YOUR MEAL BY THE PREVIOUS WEEK ON WEDNESDAY



West Warwick Senior Center

Fun Stuff

TO INQUIRE ABOUT UPCOMING EVENTS CALL THE
W.WARWICK SENIOR CENTER AT 822-4450



**THE WEST WARWICK
SENIOR CENTER
IS PROUD TO ANNOUNCE**

**WE NOW HAVE A NURSE ONSITE
FOR OUR SENIORS**

**NURSE SHERI WILL BE AT THE CENTER
TUESDAY 10:00AM - 1:00PM AND
THURSDAY 10:00AM - 1:00PM**

**NO APPOINTMENT NEEDED
STOP IN AND GET YOUR BLOOD PRESSURE,
TEMPERATURE AND PULSE CHECKED OUT**

IT DOESN'T HURT



GENTLE REMINDER

Yearly Senior Center Membership Renewal
Now Being Accepted

**SEE SHARON MUSCO FOR RENEWAL
822-4450**



HAPPY BIRTHDAY

Each month we acknowledge our member's Birthdays for that month with a Birthday Wish and a personal invitation to a "**FREE**" Birthday Lunch at the West Warwick Senior Center.

This month's Birthdays are celebrated on
THURSDAY JANUARY 27, 2021

*We ask that you please call ahead
to let us know you are coming*

HAPPY BIRTHDAY TO:

- 1/2 - MICHELLE BUCCI
- 1/3 - JEAN SAUCO
- 1/5 - NANCY CHAMPAGNE
- 1/7 - DORIS GUASTINI
- 1/8 - CONNIE GODIN
- 1/10 - BARBARA HARPER
- 1/11 - **MELISSA DUSSAULT**
- 1/11 - FLORA KOWAL
- 1/14 - PATRICIA BELMONTE
- 1/16 - ELIZABETH SANTOS
- 1/17 - MICHAEL CARR
- 1/24 - ANDREA PENARDO
- 1/28 - DONALD NESTER
- 1/28 - RHONA SMITH
- 1/30 - MARY JANE WELCH

“HAPPY BIRTHDAY”



IMMUNIZATIONS

Nowadays, vaccines are everywhere: the news, the radio, and even billboards!

Everyone is encouraged to “get the shot” and more recently, to get their booster shots. Although vaccines were brought under the spotlight by the COVID-19 pandemic, immunization has always been central to a healthy lifestyle. Outside of the coronavirus vaccines, there are others that are important to receive, especially in the older adult population.

What are immunizations?

- Immunization is the process by which a person builds immunity or protection against a disease through receiving a vaccine.
- Vaccines stimulate the body’s immune response against diseases. They often contain parts of the disease-causing pathogen, or a weakened version of the pathogen itself.

Why should I get vaccinated?

- Vaccinations protect against diseases that can cause serious illness, hospitalization, or even death. Vaccines lower your chances of catching a disease as well as the risk of spreading it to someone else.
- Staying healthy with the help of vaccines means less time being sick and more time for the people and things you love most.

Which vaccines should I get?

~Influenza (Flu): 1 dose every year by the end of October

- Adults 65 years and older should get the high-dose of adjuvant vaccine to make up for their naturally weakened immune system.

~Tetanus, Diphtheria, and Pertussis: 1 dose of Td or Tdap every 10 years

- Adults should receive at least 1 dose of Tdap, which is available as either Adacel or Boostrix. Both vaccines are safe to use in older adults, but Boostrix is preferred.

~Shingles: 2 doses of Shingrix, given 2 to 6 months apart

- Shingrix is the new shingles vaccine that is recommended to all adults 50 years and older.
- If you got the older vaccine (Zostavax), you should still get Shingrix.

~Pneumococcal: 1 dose of Pneumovax 23 (PPSV23) if \geq 65 years

- Prevnar 13 (PCV13) is no longer routinely recommended to older adults.
- If you received a dose of Pneumovax 23 (PPSV23) in the past, wait at least 5 years before getting another dose.

~What side effects should I expect?

- Most people report redness, soreness, or swelling at the injection site, these symptoms go away after a few days.
- You can report vaccine side effects to the Vaccine Adverse Event Reporting System (VAERS)
@ 1-800-822-7967 or www.vaers.hhs.gov

~Will my insurance cover immunizations?

- Medicare will cover vaccines under either Part B (medical) or Part D (prescription drugs). Contact your insurance provider for more information.
 - * Part B: influenza (flu), pneumococcal, COVID-19
 - * Part D: shingles, Td/Tdap

History of Vaccines:

1. Vaccination dates to 1000CE, when Chinese used smallpox material to build immunity.
2. Smallpox was eradicated in 1980, largely due to the success of vaccination.
3. Wild poliovirus, which can cause paralysis, has been eliminated in five out of the six World Health Organization regions thanks to the polio vaccine.

GREAT THINGS ABOUT GETTING OLDER

- *YOUR ARTHRITIS MAKES YOU LESS LIKELY TO LOSE YOUR WEDDING RING.
- *PEOPLE GET OUT OF YOUR WAY WHEN YOU DRIVE DOWN THE STREET
- *YOU CAN REMOVE MATTRESS TAGS WITHOUT FEAR OF LEGAL CONSEQUENCES
- *YOUR GRANDCHILDREN ARE IMPRESSED THAT YOU LIVED IN THE TWENTIETH CENTURY
 - *NOW THAT YOU ARE RETIRED YOU CAN NEVER BE FIRED
 - *GROWING OLD IS SOMETHING YOU DO IF YOU ARE LUCKY
 - *THE OLDER YOU GET THE FASTER YOU RAN AS A KID
- *YOU CAN TELL YOUR FRIENDS THE SAME JOKE OVER AND OVER AND OVER
 - *IT'S EASIER TO FIND A RADIO STATION YOU ENJOY LISTENING TO
 - *PLENTY OF GOOD BOOKS ARE AVAILABLE IN LARGE PRINT
 - *YOU KNOW HOW TO WRITE A LOVELY CONDOLENCE NOTE
 - *YOU CAN MEET YOUR KIDS FOR DRINKS
 - *SAYING YOU FORGOT IS ENOUGH OF AN EXCUSE
 - *THE MUSIC IN ELEVATORS SEEMS TO HAVE IMPROVED
 - *MEAN OLD LADIES YELL WITH YOU NOT AT YOU
- *DINNER OUT COSTS LESS IF YOU EAT BETWEEN FOUR AND SIX
 - *YOU DON'T HAVE TO WAIT TILL DARK TO GO TO BED
- *YOU WOULD PROBABLY BE ONE OF THE FIRST HOSTAGES TO BE RELEASED
- *CLOSED CAPTION MAKES THE EVENING NEWS SEEM LIKE AN EXOTIC FOREIGN MOVIE
 - *YOU CAN'T BE DRAFTED, AS A MATTER OF FACT YOU CAN'T EVEN ENLIST
 - *YOU GET CREDIT JUST FOR SHOWING UP
- *YOUR INVESTMENT IN HEALTH CARE IS FINALLY STARTING TO PAY OFF



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Real Estate Professional



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West Warwick Senior Center, RI

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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

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Director - Dr. Kathleen Carty

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Director - Ellen Hammond

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

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!**



Find us on:
facebook®


**We're
Searching for
Volunteers**