

WEST WARWICK SENIOR NEWS

FEBRUARY 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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AND SAFETY**
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Sheri Pollock

**FOSTER
GRAND PARENT
PROGRAM:**

DIRECTOR:
Linda Plante

COORDINATOR:
Melissa Dussault

EXTRAORDINARY COMPARISON BETWEEN ABRAHAM LINCOLN AND JOHN F. KENNEDY

LINCOLN WAS ELECTED TO CONGRESS IN 1846

KENNEDY WAS ELECTED TO CONGRESS IN 1946

LINCOLN WAS ELECTED PRESIDENT IN 1860

KENNEDY WAS ELECTED PRESIDENT IN 1960

BOTH WERE PARTICULARLY CONCERNED WITH CIVIL RIGHTS
BOTH WIVES LOST A CHILD WHILE LIVING IN THE WHITE HOUSE

BOTH PRESIDENTS WERE SHOT ON A FRIDAY

BOTH PRESIDENTS WERE SHOT IN THE HEAD

NOW IT GETS REALLY WEIRD.

LINCOLN'S SECRETARY WAS NAMED KENNEDY

KENNEDY'S SECRETARY WAS NAMED LINCOLN

BOTH WERE ASSASSINATED BY SOUTHERNERS

BOTH WERE SUCCEEDED BY SOUTHERNERS NAMED JOHNSON
ANDREW JOHNSON WHO SUCCEEDED LINCOLN WAS BORN IN 1808
LYNDON JOHNSON WHO SUCCEEDED KENNEDY WAS BORN IN 1908
JOHN WILKES BOOTH, WHO ASSASSINATED LINCOLN WAS BORN IN 1839
LEE HARVEY OSWALD, WHO ASSASSINATED KENNEDY WAS BORN IN 1939

BOTH ASSASSINS WERE KNOWN BY THEIR THREE NAMES

BOTH NAMES ARE COMPOSED OF FIFTEEN LETTERS

NOW HANG ON TO YOUR HAT

LINCOLN WAS SHOT IN THE THEATER NAMED FORD
KENNEDY WAS SHOT IN A CAR NAMED "LINCOLN" MADE BY FORD
BOOTH AND OSWALD WERE ASSASSINATED BEFORE THEIR TRIALS
A WEEK BEFORE LINCOLN WAS SHOT HE WAS IN MONROE, MARYLAND
A WEEK BEFORE KENNEDY WAS SHOT HE WAS WITH MARILYN MONROE
LINCOLN WAS SHOT IN A THEATER AND HIS ASSASSIN RAN INTO A WAREHOUSE
KENNEDY WAS SHOT FROM A WAREHOUSE AND HIS ASSASSIN RAN INTO A THEATER



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

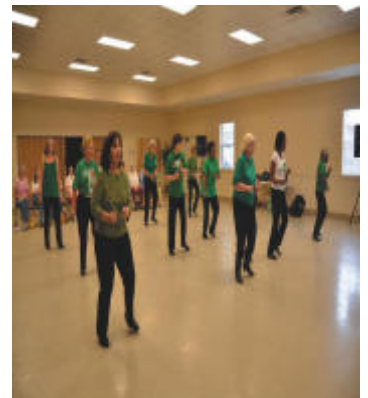
T'AI-CHI INSTRUCTOR : **DEBORAH LEONG / 6th Degree Master**



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



FEBRUARY 2022 MENU

WEST WARWICK SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	VEGETABLE SOUP <u>1</u> HONEY GLAZED CHICKEN PEAS & CARROTS SWEET POTATOES MULTI-GRAIN ROLL DESSERT	MUSHROOM BAR. SOUP <u>2</u> MEATBALL SANDWICH RST. ZUCCHINI & CARROT DESSERT	TOMATO SOUP <u>3</u> BEEF TIPS W/ GRAVY MASHED POTATOES GREEN BEANS SNOWFLAKE ROLL DESSERT	KALE & BEAN SOUP <u>4</u> BAKED FISH CAKES RICE PILAF STEAMED BROCCOLI DESSERT
MINISTRONE SOUP <u>7</u> SHEPARD'S PIE MASHED POTATOES WHOLE WHEAT ROLL DESSERT	TOMATO SOUP <u>8</u> CHICKEN PARMESAN ROASED POTATOES SLICE CARROTS GARLIC BREAD DESSERT <u>SHOPPING</u> <u>AFTER LUNCH</u>	ESCAROLE & BEAN SOUP <u>9</u> SWEDISH MEATBALLS RST. GARLIC POTATOES BUTTERED CORN DESSERT	VALENTINE'S DAY MEAL LENTIL SOUP <u>10</u> STUFFED CHICKEN BREAST SEASONED CAULIFLOWER W/ BROCCOLI WHOLE WHEAT ROLL CUPCAKE	CHICKEN SOUP <u>11</u> SLOPPY JOE COLE SLAW POTATO WEDGES DESSERT
CRM OF BROCCOLI SOUP <u>14</u> PUB BURGER W/ CHEESE MIXED VEGETABLES DESSERT	NAVY BEAN SOUP <u>15</u> CHICKEN CORDON BLEU ZUCCHINI W/ CARROTS DESSERT	CHICKEN SOUP <u>16</u> SWEET & SOUR PORK BROWN RICE STIR FRY VEGETABLES DESSERT	CRM OF MUSH. SOUP <u>17</u> MEAT LOAF W/ GRAVY MASHED POTATOES GREEN BEANS DESSERT	CLAM CHOWDER (RED) <u>18</u> POTATO CRUSTED FISH RICE PILAF BROCCOLI FLORETS DESSERT
MEAL SITE CLOSED 	LENTIL SOUP <u>22</u> CHICKEN CACCIATORE FINGERLING POTATOES GREEN BEANS DESSERT <u>SHOPPING</u> <u>AFTER LUNCH</u>	TOMATO SOUP <u>23</u> BEEF CASSEROLE OVER CHEESY NOODLES SLICED CARROTS DESSERT	BIRTHDAY LUNCH PASTA & BEAN SOUP <u>24</u> POT ROAST W/ GRAVY ROASTED POTATO PEAS & CARROTS DESSERT 	VEGETABLE SOUP <u>25</u> BBQ CHICKEN SANDWICH WHOLE WHEAT ROLL COLE SLAW DESSERT
MINISTRONE SOUP <u>28</u> OPEN TURKEY SANDWICH W/ GRAVY & STUFFING COLE SLAW 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> <u>RESERVATIONS REQUIRED</u> <u>CALL 822-4450</u> PLEASE RESERVE YOUR MEAL BY THE PREVIOUS WEEK ON WEDNESDAY

HAPPY VALENTINE'S DAY

West Warwick Senior Center

Fun Stuff

TO INQUIRE ABOUT UPCOMING EVENTS CALL THE
W.WARWICK SENIOR CENTER AT 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 FEBRUARY 24, 2021

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

HAPPY BIRTHDAY TO:

- 2/4 - Kathie Swanson
- 2/12 - Sharon Lee Moreau
- 2/19 - Linda Brown
- 2/22 - Janice McKee
- 2/24 - Pauline Demers
- 2/24 - Shirley Simpanen
- 2/24 - Helen Swallow
- 2/27 - Florence Parisi
- 2/28 - Paul McKiernan
- 2/28 - Sandra Patterson

"HAPPY BIRTHDAY"



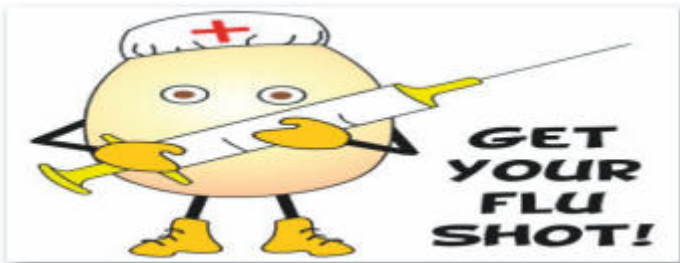
**THE WEST WARWICK
SENIOR CENTER
IS PROUD TO ANNOUNCE**

**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

MAKING THE MOST OF MEDICAL VISITS

TIPS FOR COMMUNICATING WITH YOUR DOCTOR

These days, health care is viewed as a partnership between patient and provider, with both parties responsible for ensuring a constructive relationship. Patients - also now referred to as health care consumers are taking a more active role than ever in this regard. Good communication is essential, to any positive doctor - patient relationship, whether it involves your family physician or a specialist recommended by him or her.

Following are some ways you can do your part to make the most of medical visits.

Before an appointment: Make a list of the things you want to discuss, in order of priority. Also jot down any symptoms you're experiencing, including their frequency, duration and intensity, and how they are affecting your daily life. Note, too, any treatments you have tried. Always bring a list of the medications you're taking - prescription and over-the-counter drugs as well as any natural remedies - including the dosage.

Bring along a note pad and pen to jot down key information.

If possible consider asking a good friend or family member to accompany you; they can help with processing information and remembering instructions. They may also have questions that hadn't occurred to you.

During the visit: If you have a hearing or visual impairment, let the doctor know at the outset of the visit. If you have a language impairment from a stroke or other condition, such that it's hard for other to understand you, bring along someone who knows you well and can interpret your responses if necessary, or ask questions on your behalf.

Share information. Provide as much detail as possible about any problems you are experiencing and how these are affecting you. Don't leave out anything - let the doctor decide what's relevant. Share your list of medications, too. Be honest about your lifestyle and habits for example, if you're a diabetic but you don't stick to the recommended diet, or you haven't been taking medications as prescribed. Let the doctor know about anything going on in your life that may be contributing to your situation - for example, a recent loss or other traumatic event that's causing significant stress.

Write down important information provided to you. If you have brought someone along, ask him or her to do this so you can give the doctor your undivided attention.

Ask for details. If you are diagnosed with a medical condition, inquire about what to expect, including how long it's likely to last, treatment or management options, and where you can get more information.

Request a layperson's explanation if you don't understand medical jargon used by the doctor. Summarize aloud the information he or she gives you, to check if you have interpreted it correctly.

Don't hesitate to voice doubts, worries or fears. If, after your doctor addresses them, you're still uncomfortable with a diagnosis or the treatment options presented to you, request a second opinion.

Don't worry about taking up too much of your doctor's time. Ask all of your questions and express any concerns.

Before leaving, make sure you are clear about any next steps - for example, whether you should schedule another appointment, when and how you'll learn of test results, and what you should do if your condition worsens or you experience an adverse reaction to new medication.

Ask about the best time to call if any more questions occur to you after you leave the office.

KEEP IT LIGHT

“In three words I can sum up everything I’ve learned about life: it goes on.”

It takes less time to do things right than to explain why you did it wrong

“If you think you are too small to be effective, you have never been in the dark with a mosquito.”

“A diamond is merely a lump of coal that did well under pressure.”

“ When science finally locates the center of the universe, some people will be surprised to learn they’re not it.”

“A woman’s mind is cleaner than a man’s: She changes it more often.”

“Doing nothing is very hard to do... you never know when you’re finished.”

“If you think your boss is stupid, remember: you wouldn’t have a job if he was any smarter.”

“Just before I die, I am going to swallow a bag of popcorn kernels. My cremation is going to be epic!”



Ronnie Tosoni
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

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****

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**