



South Kingstown Senior Services, 25 St. Dominic Road, Wakefield, RI 02879

VIRTUAL CLASSES

The Center has gone VIRTUAL!!!! We are currently providing virtual classes and will continue to add more!!

Join us for one of our Zoom Classes:

- Book Club
- Current Events
- Trading & Investing
- Walking Aerobics
- Redwood National Park Walking Tour
- Art of The Louvre

Classes are still being added, so call The Center at 789-0268 for an updated schedule.

How to join a Center Virtual Class

There are 2 ways to join a Center Virtual Class, with your computer/mobile device or by calling in on your phone.

Call 789-0268 ext. 2 to sign up for a Virtual Class. You will be given the link, ID number and password to join the class. You will also receive detailed instructions on how to join in on the meeting by either calling in or on-line. Sign up today and join in the fun!

Lunch will not be delivered on Monday, February 15, 2021 in observance of President's Day.





Redwood National Park Walking Tour

Taking root for thousands of years, the Redwoods are one of Earth's most magnificent and enduring creatures, some as old as the Roman Empire. Towering over stunned and amazed visitors, Redwoods offer a glimpse back to the past, even as they grow ever-taller into the future. You will experience the awe and grandeur of these ancient forests during your meditating tour. Join us on Zoom for this relaxing walking tour of The Redwood National Park.

Art of The Louvre

The Louvre's painting collection is one of the richest in the world, representing all periods of European art. The Louvre's collection of French paintings from the 15th to the 19th century is unsurpassed in the world, and it also has many masterpieces by Italian Renaissance painters, including Leonardo da Vinci's Mona Lisa. We will explore many of the great works of The Louvre during this Zoom class.

**Call 789-0268 ext. 2 to sign up for
The Center's Virtual Classes.**



Daily Lunch is still being served through The Center lunch program. Instead of a hot lunch, we are currently providing boxed lunches that can be either picked up at The Center or delivered to you Monday-Friday. If you are interested in receiving a meal or have any questions, call 789-0268.

(Our daily lunch program has a suggested/anonymous donation of \$3 per meal or the amount you can personally afford. No one eligible for the meals will be turned away because of the lack of ability to contribute.)

Free Masks

We have free reusable masks available for pickup at The Center. If you are in need of masks, please contact us at 401-789-0268.

South County Home Health & South County Hospital Wellness Clinic Every Wednesday from 9:30 to 11:30 am

Rhonda, the nurse from South County Home Health, will be at The Center for blood pressure checks and a variety of health screenings. She can also do Weight Maintenance Checks which includes healthy eating information and weight tracking. You must preregister to see Rhonda so call The Center at 789-0268 to sign up for an appointment.

The Center has a new phone system!

We are very excited to announce our new phone system. Now when you call our main number at 789-0268, you will have a few options to choose from:

- Dial 1: General Center Information
- Dial 2: Programming and Activities
- Dial 3: Senior Assistance and Medicare Information
- Dial 4: Center Director

Staff is still at The Center daily, answering your phone calls and available for assistance. We are always here to help you!



Would you like someone to call you once a week for a nice chat? The Center now has a program called "Friendly Chat". You will be matched up with a fantastic volunteer from The Center who will call you every week to have conversations. You can talk about hobbies, the weather, grandchildren, memories or even do a crossword puzzle over the phone.

Call 789-0268 to sign up for a weekly phone call.

Valentine Words

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

Word List:

ADORE
 BELOVED
 CANDY
 CHOCOLATE
 DESIRE
 FEBRUARY
 HEART
 LOVE
 RED
 SWEETHEART

AFFECTION
 BEMINE
 CARDS
 CUPID
 DEVOTION
 FLOWERS
 HONEY
 LOVEBIRDS
 ROMANCE
 SWEETS

AMOROUS
 BOUQUET
 CHERISH
 DARLING
 EMBRACE
 FOURTEENTH
 HUGS
 PINK
 ROSES
 TEDDYBEAR

ARROW
 CANDLELIGHT
 CHERUB
 DEAR
 ENDEARMENT
 FRIENDS
 KISSES
 POEM
 SECRETADMIRER
 TENDERNESS



Cyber Seniors

The URI Gerontology and Pharmacy Departments are continuing their Cyber Seniors Program at The Center. Instead of having one on one meetings in The Center, everyone who signs up for the Cyber Senior Program will be doing remote learning with the URI students. Cyber Seniors will contact you and teach you in the comfort and safety of your own home over your computer, tablet or phone. Call 789-0268 to schedule an on-line appointment.



Age-Friendly Rhode Island now has a new Virtual Community Center. The Virtual Community Center offers a full schedule of free online activities and events when in-person experiences are not possible. These online activities are available to help keep your bodies healthy, minds sharp and spirits high during this time of pandemic and beyond while everyone is staying close to home and limiting their contact with others. They have a variety of the classes and programs available through the Virtual Community Center at agefriendlyri.org, click on “Virtual Community Center” then click on “Events Calendar” or “Tutorials”.



Put your brain to work with a monthly book of word searches, sudoku, crosswords and more!

You can have your copy of The Center’s Game Book emailed, delivered with your meal, or mailed to you. Call The Center at 789-0268 to sign up to receive your monthly copy!

Free Walking Apps for Fitness Walkers



What is a walking app?

Walking apps are simple programs that can be used on an iPhone or Android-based smartphone to help you get more out of your walks. Some apps track your speed, distance, route, steps, calories burned, and activity. Some walking apps even sync with Fitbit, Garmin, Jawbone, MyFitnessPal, and other apps and fitness bands and accessories.

MapMyWalk When you begin a walk, you can see a map of the area. As you walk, the route you have taken is marked in red. The map allows you to explore and see what path you have taken so you will be able to find your way back to where you started.

Fitbit App (No Fitbit Required)

You do not need a Fitbit device to use the free Fitbit App. Fitbit app will track your walking without GPS as well as your daily steps using the motion sensor on your phone. When you begin walking, you will see the elapsed time and your average pace. You can even get voice cues and updates at selected times on your walk.

Charity Miles

Charity Miles gives your walking a purpose. You can choose a charity, start a walk and for every completed mile you will earn a donation for your chosen charity. Along the way, you can view your exercise time and miles walked. You can even form teams and work together to raise money for charities.

Virtual Walk

This app will have you doing a virtual walk through a scenic or historical place such as the Appalachian Trail, the monuments in Washington DC, the Grand Canyon and many more. At checkpoints along the way you can view photos and information about the sights on your virtual walk.

Argus by Azumio

Argus displays your time, distance and the map of your route. You can see your calories burned, steps, elevation gain, best pace, average pace, average cadence and graphs. You can even track your water intake and use the food diary to track your meals.

MotionX GPS

You can track your walks and other outdoor activities, showing your time, speed, distance and displaying your route on a map with MotionX. You can download and store maps for offline use. This is very helpful when you are walking in an area that lacks cell phone service or WiFi.

CROSSWORD PUZZLE

ACROSS

- 1 School course (abbr.)
 4 Gem
 8 Scientific name (suf.)
 12 Office of Economic Development (abbr.)
 13 Of the ear
 14 Book of hours
 15 Recommended daily allowance (abbr.)
 16 Ger. philosopher
 17 Sicilian resort
 18 Disprove
 20 Norwegian king
 22 Journey
 25 Rom. official
 28 Divination by lots (Lat.)
 31 Czarist Russ. council
 33 East of Eden country

- 34 Mature
 35 Radium emanation
 36 Yale student
 37 Foot (pref.)
 38 Berserk
 39 Malay law
 40 Gr. author
 42 John, Irish
 44 Waste allowance
 46 Alluvial deposit
 50 Footless
 52 Indian red powder
 55 Fiddler crab genus
 56 Bowling alley
 57 Berne's river
 58 Dismiss from a job
 59 Maple genus
 60 Flavor
 61 Television channel

S	C	I		J	A	D	E		A	C	E	A
O	E	C		O	T	I	C		H	O	R	A
R	D	A		K	A	N	T		E	N	N	A
B	E	L	I	E				O	L	A	F	
				T	R	E	K		E	D	I	L
S	O	R	S		D	U	M	A		N	O	D
A	G	E		R	A	D	O	N		E	L	I
P	E	D		A	M	O	K		A	D	A	T
A	E	S	O	P		S	E	A	N			
				T	R	E	T		G	E	E	S
A	P	O	D		A	B	I	R		U	C	A
L	A	N	E		A	A	R	E		C	A	N
A	C	E	R		L	A	C	E		H	B	O

DOWN

- 1 Service tree fruit
 2 Surrender
 3 Adjective-forming (suf.)
 4 Clown
 5 Luzon people
 6 Hubbub
 7 Outer (pref.)
 8 Forward
 9 Pent
 10 Sea eagle
 11 Antiaircraft artillery (abbr.)
 19 Possessive pronoun
 21 Slender
 23 Dutch cheese
 24 Honor
 26 Mascagni heroine
 27 Blue-pencil
 28 Grape syrup
 29 Pointed arch
 30 Sard (2 words)
 32 Donkey
 35 Sexual assault
 39 Donkey (Fr.)
 41 Bid
 43 Acquiesce
 45 S. Afr. language
 47 You (Ger.)
 48 Wound crust
 49 Pueblo Indian
 50 Alabama (abbr.)
 51 Half-boot
 53 Sheep's cry
 54 Internat'l Red Cross (abbr.)

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
18			19				20	21				
			22		23	24		25			26	27
28	29	30			31		32			33		
34				35						36		
37				38					39			
40			41			42		43				
		44			45		46		47	48	49	
50	51				52	53	54			55		
56					57					58		
59					60					61		



From the Director's Desk
Susan DiMasi



"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart." –Helen Keller

The new year has rolled in and I am hoping you are all feeling well and staying safe. Welcome to February and take care of your heart month! It's never too late to get heart healthy. If your favorite classes are not yet being held, grab a warm coat, a hat and some gloves and head outside for a brisk walk. Fresh air makes everything better.

Of course we can't forget the holidays in February: Groundhog Day, Valentine's Day, and President's Day. Happy Celebrating!

A PATCH OF SUN

So cold it has been
 for days now - the arctic wind
 making a mockery of the blue sky.
 In the house, patches of sunlight,
 square-shaped like the window panes
 they shine through...
 The dog lays across two panes of light
 blinking his eyes in the glare,
 i stretch out beside him - his head in my lap.

i hear him sigh, make a whistling noise
 through his nose like the wind outside
 but gentle and comforting.
 i put aside my book and pen and even my thoughts
 in this tiny oasis of January summer.

My dog and I together
 breathing in the sun.

by Betty Bogutt

(Betty runs our Poetry Table Group.
 They are always looking for new members.)



Covid-19 Treatment

Rhode Island now has a doctor-recommended treatment for Covid-19 that is fast, easy, and highly effective. It helps keep you from getting sicker and being hospitalized. The earlier you start treatment, the more effective it is.

If you test positive for Covid-19 and are 65 years or older or have an underlying health condition, immediately call your healthcare provider and ask about treatment for Covid-19.

If you do not have a healthcare provider and were tested at a state testing site, you can be evaluated for treatment options at one of the following treatment centers:

- Atmed Urgent Care
- Blackstone Valley Community Health Care
- Center of New England Urgent Care
- Ocean State Urgent Care
- South County Express Care

After completing this simple infusion, many people with Covid-19 start feeling better as early as the next day. This treatment does not require hospitalization.

This new treatment is called monoclonal antibody treatment.

Who should not get the monoclonal antibody treatment?

You **should not** get this treatment if you:

- Are hospitalized due to COVID-19 **OR**
- Need oxygen therapy due to COVID-19 **OR**
- Are on chronic oxygen therapy due to underlying conditions not related to COVID-19 who need to increase their baseline oxygen due to COVID-19. Monoclonal antibody treatment may make these conditions worse.

➤ Reach the Senior Market

ADVERTISE HERE

CONTACT

Contact Bill Humphreys to place an ad today!
bhumphreys@4Lpi.com or (800) 477-4574 x6634

*Please support our advertisers and mention
you saw their ad here.*

WE'LL SHOP FOR YOU

FREE Home Delivery* and FREE Curbside Pickup



*Use Promo Code FreeMarket for Three Free Deliveries BELMONTMARKET.COM/SHOPONLINE

RI reg 39572



Fully Insured



FALL PREVENTION • ACCESSIBILITY • AGING IN PLACE

FREE HOME SAFETY ASSESSMENTS

GRAB BARS, STAIRLIFTS, RAMPS, & MORE

VISIT OUR SHOWROOM AT: 322 SOUTH PIER RD. | NARRAGANSETT

401.429.3882 | OakleyHomeAccess.com

Northup's Service Center

Est. 1968

Fast - Lube

1892 Kingstown Road, Peace Dale

782-4280

Bring in this coupon & save \$2.00 off our
already low priced fast-lube oil change service!



Please Visit

You may not
need us right
now, but
we'll be there
when you do.



A Community Together
Coordinating aging-in-place services

Email: actneighbors@gmail.com

Website: <https://acommunitytogether.helpfulvillage.com>



For a Personal Tour, please contact

Dena Maine, Director of Admissions

401-789-3006

Short Term Rehabilitation • Long Term Care

Elderwood of Scallop Shell at Wakefield

55 Scallop Shell Way, Wakefield RI 02879

elderwood.com | [Facebook](https://www.facebook.com/ElderwoodWakefield) ElderwoodWakefield

PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM



\$29.95/MO

BILLED QUARTERLY

PLUS
SPECIAL
OFFER

CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

Thrive Locally



FREE Medical Services & Physician Directory

Call 401-788-1173 today!

SOUTH COUNTY HEALTH

FOUR GENERATIONS OF OUR FAMILY SERVING YOURS.

Full Traditional, Cremation & Custom Services,
Tailored to Individual Family Needs
SERVING ALL FAITHS • PREPLANNING AVAILABLE

NARDOLILLO
FUNERAL HOME
& CREMATORY

1278 Park Avenue
Cranston, RI 02910
401-942-1220

Maria A. King
Managing Funeral Director
South County Chapel

1111 Boston Neck Road
Narragansett, RI 02882
401-789-6300

NARDOLILLOFH.COM



Mission Statement

“To provide a focal point facility where older adults can access services and programs designed to support their independence, enrich their quality of life and promote optimal aging.”

Principal funding for the Center is provided by the RI Office of Healthy Aging, The Town of South Kingstown and The Town of Narragansett.

Visit us on the web at www.southkingstownri.com click on Senior Services



The Center Staff

Susan DiMasi, Senior Services Director
 Chasity Cheng, Program Coordinator
 Jill Creamer, Information Specialist
 Aiden Hockhousen, Kitchen Aide
 Ashley Howarth, Front Desk Aide
 Chris Mathewson, Senior Transportation Driver
 David Sampson, Facilities Manager

Hours of Operation
 Monday through Friday
 7:30 am to 3:30 pm
 789-0268



<p>This Space is Available</p>	<p>FALL PREVENTION • ACCESSIBILITY • AGING IN PLACE</p>	<p>THIS SPACE IS AVAILABLE</p>
	 <p>FREE HOME SAFETY ASSESSMENTS GRAB BARS, STAIRLIFTS, RAMPS, & MORE Visit our showroom at: 322 South Pier Rd. Narragansett 401.429.3882 OakleyHomeAccess.com RI reg 39572</p>	
	<p>We're an intimate community of friends, neighbors, parents and grandparents living life to the fullest. Join us!</p>	
	<p>415 Gardiner Road, West Kingston, RI 02892 401 295 8520 • centershealthcare.com/kingston_center</p> 	

Help Safeguard Your Savings with GTL's RECOVER CASH SHORT-TERM CARE INDEMNITY INSURANCE

• Nursing Home Facility Coverage • Assisted Living Coverage • Home Health Care Coverage
 3% Compound Inflation Protection Rider

Get more affordable coverage for out-of-pocket medical expenses with GTL's Recover Cash Insurance

Unexpected medical costs can add up – even if you have health insurance. No matter what type of insurance you have, Guarantee Trust Life Insurance Company's Recover Cash is an affordable way to help protect you from out-of-pocket medical expenses so you can focus on what really matters — your recovery.

Help Pay for Care as a result of:
**SURGERY | ACCIDENT
 SUDDEN ILLNESS**



RECOVER CASH.
 Short Term Care Indemnity Insurance

GTL | GUARANTEE TRUST LIFE

401-212-2222
 Donna Averill

www.healthcarepathri.com