



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

## VIRTUAL CLASSES

The Center has gone VIRTUAL!!!! We are currently providing the following Zoom classes:

**Book Club  
Current Events  
Trading & Investing  
Walking Aerobics**

### 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!

## ANNOUNCEMENTS

**We are happy to announce that The Center will be opening soon with limited programming!  
Stay tuned for our opening date announcement!**

**In preparation of our re-opening, here are the requirements for participation of programs:**

For the health, safety and wellbeing of everyone at The Center, the following are the new requirements for participation in classes:

- If you are sick, stay home.
- Pre-registration for each class is necessary. Call The Center at 789-0268 to pre-register.
- There is a participant maximum per class.
- Face masks, covering both the mouth and nose, must be worn within the building unless otherwise stated. Gaiters not permitted.
- Screenings will be performed before or upon entering the building and individuals will be asked to use hand sanitizer prior to entering the building.
- Social distancing (6 feet) must be maintained at all times.
- Enter the building through the main entrance. Exit the building from your classroom door or nearest outside door. Do not exit through the main entrance.
- Water bottles will be allowed but no outside food may be brought into the buildings.
- Restrooms will be in operation with COVID-19 Preventive Protocols in place, limiting the number of individuals in the restroom at a time.
- New cleaning protocols and sanitizing may impact scheduling of classes.
- Please sit in designated spots only. Chairs and tables should not be moved.
- Class participants may enter the building no earlier than 10 minutes prior to start of class and must exit the building immediately after the end of class.

If you have questions or concerns, feel free to contact The Center at 789-0268. We are here for you with your safety in mind. We look forward to seeing you soon!



**Tools for Managing your  
Health and Well-being  
Zoom Workshop**  
**Wednesdays from 1 to 3:30 pm**  
**For 6 weeks beginning April 21**

This research-based educational workshop teaches participants to manage symptoms of chronic diseases, fatigue, pain, stress, sleep and emotional challenges such as depression, anger, fear, and frustration. The workshop teaches participants how to use tools to manage health better, make decisions, communicate with their healthcare providers and find reliable health information. Participants create action plans each week to move them along in reaching their goals. To sign up for this workshop, call 401-432-7217 or visit [ripin.org/chn](http://ripin.org/chn).

There will be a Coffee Hour and Information Session on Wednesday, April 14 at 12 pm to discuss the workshop. To sign up for the Coffee Hour, call 401-432-7217 or visit [ripin.org/chn](http://ripin.org/chn).

### 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!



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.)



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.

# Happy Earth Day!

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

## Word List:

AIR  
CLEAN  
EARTHDAY  
ENERGY  
GREEN  
OCEAN  
PLANT  
REDUCE  
SAVE  
WATER

APRIL  
CLIMATE  
ECOLOGY  
ENVIRONMENT  
HABITAT  
OXYGEN  
POLLUTION  
REPURPOSE  
TREES  
WETLANDS

ATMOSPHERE  
COMPOST  
ECOSYSTEM  
FLOWERS  
LITTER  
OZONE  
RAINFOREST  
RESOURCES  
VOLUNTEER  
WILDLIFE

CARBONFOOTPRINT  
CONSERVATION  
ENDANGERED  
FUEL  
NATURE  
PLANET  
RECYCLE  
RUBBISH  
WASTE  
WORLD



### 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. They can also assist with making Covid Vaccine appointments. Call 789-0268 to schedule an on-line appointment.



Age-Friendly Rhode Island is home to a 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](http://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!



Bridges in Music is a nonprofit group of young artists who use their virtual music recitals as a bridge to connect you and the world.

Bridges in Music’s mission is to connect, love, and understand. Their goal is to connect people in isolation by sharing the music they love. They want to bring everyone together to form a more connected community, especially now since we are all at home the majority of the time.

Ranging in age from 6 to 20, the members of the Bridges in Music Team will keep you entertained for hours.

**Watch all of their performances on their YouTube Channel, Bridges in Music:**  
<https://www.youtube.com/channel/UC9dtaBpS6yKAfC0czA1xWQg>



### Grear Brothers Jazz Set

Local South Kingstown High school Student, Eliot Grear, and his brothers have shared a Jazz Set for us on YouTube. Check out this wonderful collaboration of local family musicians! It will not disappoint!

#### The YouTube Links:

Jazz Set Part 1: <https://youtu.be/q7ohp4Yz8S0>

Jazz Set Part 2: <https://youtu.be/1WpDmQJ-atA>

### Boston Symphony Orchestra

The Boston Symphony Orchestra YouTube Page is definitely something you should not miss. From their live concerts to their 2020 Zoom concerts, you will have many performances to choose from.

**You can pick your favorite performance on the Boston Symphony Orchestra YouTube Channel:**  
<https://www.youtube.com/c/bostonsymphony>

# CROSSWORD PUZZLE

## ACROSS

- 1 Of the kind of (suf.)  
 5 Distress signal  
 8 Chinese (abbr.)  
 12 Gooseberry  
 13 List-ending abbreviation  
 14 Small armadillo  
 15 Fringe of curls or bangs  
 17 Mother of Horus  
 18 Hebrew letter  
 19 Expiate  
 21 Greek letter  
 22 Atlantic (abbr.)  
 23 Rim  
 25 Jap. three-stringed instrument  
 29 Eur. porgy  
 32 Malay law  
 33 June bug  
 35 Haw. feast  
 36 Tamarack  
 38 Bank  
 40 Eng. dramatist  
 42 Weaken

- 43 Her Royal Highness (abbr.)  
 45 Night (pref.)  
 47 Have (Scot.)  
 50 Authentic (abbr.)  
 52 Jamb (2 words)  
 54 District  
 55 Deviate  
 56 King Atahualpa  
 57 Diagonal  
 58 Compass direction  
 59 Wife of Esau

## DOWN

- 1 Formerly betroth  
 2 Poi source  
 3 In the same place (Lat.)  
 4 Fr. pronoun  
 5 Alit  
 6 Eight (Ital.)  
 7 Setting  
 8 Consumer price index (abbr.)  
 9 Evening star  
 10 Egypt. bird  
 11 Heb. patriarch's title  
 16 Food  
 20 Electronic data processing

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

- 22 H  
 24 Dance  
 25 Gal of song  
 26 Ohio college town  
 27 Ledum (2 words)  
 28 Land of Cain  
 30 Lively (Fr.)  
 31 Absent  
 34 Renew  
 37 Chin. dynasty  
 39 Duo  
 41 Germanic gods  
 43 Mayan year  
 44 Country (Lat.)  
 46 Preserve in brine  
 47 Assistance  
 48 Reliquary  
 49 Greenland town  
 51 Laughter sounds  
 53 E. Indian herb

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
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36				37		38		39				
		40			41		42					
43	44			45		46			47	48	49	
50			51		52				53			
54					55				56			
57					58				59			

## From the Director's Desk Susan DiMasi

"Life is like riding a bicycle. To keep your balance you must keep moving."

- Albert Einstein

Happy Spring everyone! It has been a full year since we have seen so many of you. You have been missed! We have endured a year like no other and we are hopeful to be able to gather soon. Center staff have been busy over the months, delivering meals, making vaccine appointments, answering questions and planning for a re-opening. Slowly and safely, we will be bringing classes and activities back to The Center. We look forward to getting back to our "new" normal as soon as possible. Please give us a call for the most up to date news about our re-opening. Until we see you again, be well and stay safe.



**April is National Poetry Month and we want to celebrate and recognize our outstanding and talented Poetry Table Group!**

### Stick Around

I will try hard to lose the glowers  
As I while away these empty hours  
I know it makes more sense  
Waiting until "the virus" is past tense  
I will try to muster more grace  
Only making an occasional nasty face  
Should this last longer into next year  
Some of us will be "around the bend" I fear  
Hopefully most, a bit older, will still be around  
So we can happily limp again on our  
"old stamping ground."

by Pat Beatty

(Pat is a member of our Poetry Table Group.  
They are always looking for new members.)



**Earth Day is April 22 and it is a good time to reeducate ourselves on recycling.**

### Items you CAN Recycle

- Paper, Flattened Cardboard and Cartons
- Metal Cans, Lids and Foil
- Glass Bottles and Jars
- Plastic Containers

### Items you CAN NOT Recycle

- Plastic bags
- Textiles or Wood
- Napkins, Tissues or Paper Towels
- Foam Containers
- Plastic that is not a container
- Glass that is not a bottle or jar
- Metal that is not a can, lid or foil
- Containers from flammable materials
- Paper Pieces smaller than an index card
- Plastic Containers labeled "compostable" or "biodegradable"

### Recycling Tips

- Keep paper flat, do not bunch up into balls
- Keep Paper sheets intact, do not rip up into tiny pieces
- Rinse Containers whenever Possible
- Place Plastic tops back on plastic containers before recycling
- Take metal tops off of glass first, then recycle separately
- Scrape out as much food as possible that is in the container
- Keep recycling loose in bins and carts, do not put recycling inside of bags
- Snip tail end off plastic tube containers to empty fully
- Remember, when in doubt throw it out. If you are unsure whether an item is recyclable, put it in the trash.

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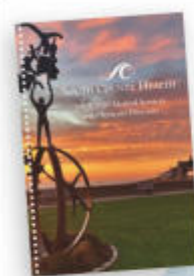
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## Mission Statement

***“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](http://www.southkingstownri.com) click on Senior Services



## The Center Staff

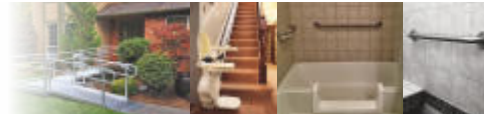
Susan DiMasi, Senior Services Director  
Chasity Cheng, Program Coordinator  
Jill Creamer, Information Specialist  
Aiden Hockhousen, Kitchen Aide  
Ashley Howarth, Front Desk Aide  
Chris Mathewson, Senior Transportation Driver  
David Sampson, Facilities Manager

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



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Space  
is  
Available

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### STAND OUT

with a PREMIUM DIGITAL AD on OURSENIORCENTER.COM



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**We're an intimate community of friends, neighbors, parents and grandparents living life to the fullest. Join us!**

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