



Leon A. Mathieu Senior Center

420 Main Street Pawtucket, RI 02860

January/February 2022



DONALD R. GREBIEN
MAYOR

Accredited by 
National Institute of
Senior Centers

MARY LOU MORAN
DIRECTOR

As we reflect on what we have experienced in 2021, it is so apparent how strong and resilient we all are. Maintaining a positive outlook is so very important. Even though we are not out of the woods yet, hopefully 2022 will bring some sense of normalcy in our lives.

The Senior Center worked hard through the Fall to bring back all of the programs and services that you are used to having offered – even though they might look a little different and presented in a different format. We continue to follow all CDC, State, and City COVID – 19 guidelines to make sure that you and the staff are safe and as protected as possible while visiting the building and participating in programs. We appreciate your patience and cooperation in following these guidelines particularly in hand sanitizing, mask wearing (continues to be a rule in all Pawtucket City Buildings), and staying home if you are not feeling well. All of these measures help to protect us all.

Don't forget that you need to pre-register for all programs and services as we need to monitor event and class size. We encourage you to take some time to check out the new programs we have in store for you in the New Year to keep you engaged and healthy.

The Senior Center Staff wishes you a Happy and Healthy New Year. In the words of C.S. Lewis, *“You are never too old to set another goal or to dream a new dream.”*
Happy New Year,
Mary Lou Moran, Director



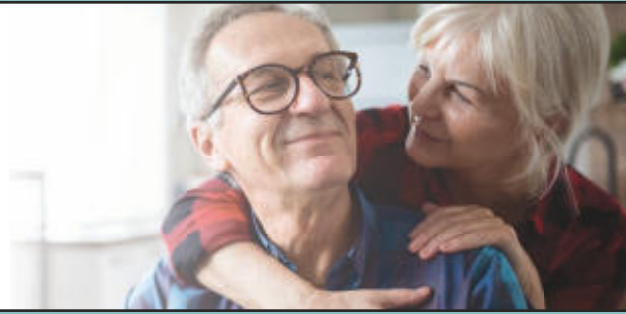
ANNOUNCING A NEW LINE DANCING CLASS WITH DANCE INSTRUCTOR DONNA CARTER ON TUESDAYS AT 10:30 A.M. THIS CLASS IS FOR ALL LEVELS. LINE DANCE CLASS INCLUDES SOME MILD WARM UP EXERCISES. FUN POPULAR PARTY AND LINE DANCES WILL BE TAUGHT. IF YOU ARE INTERESTED IN SIGNING UP FOR THE CLASS, PLEASE SEE MELISSA OR CALL 401-728-7582.

MINDFULNESS CLASSES WITH JEAN ARE BACK ON THURSDAYS AT 9:30 A.M.

This class will help you to live with more awareness and will be beneficial for stress and anxiety reduction, pain management and overall well-being. If you are interested in participating in this class, please see Melissa or call 401-728-7582.



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Mansion Nursing & Rehabilitation Center

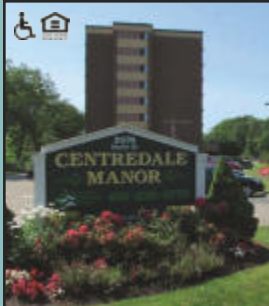
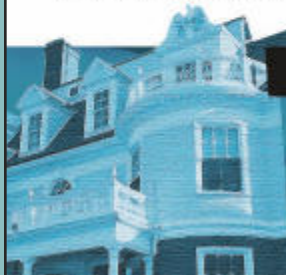
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**LEON MATHIEU
SENIOR CENTER**

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Phone: (401)728-7582
Fax: (401) 312-0268

Internet Address:
www.pawtucketri.com

Email Address:
seniorcenter@pawtucketri.com

**Visit us on Facebook at
Leon Mathieu Senior Center**

Hours of Operation:
Monday - Friday
8:30 a.m. - 4:00 p.m.

Senior Center Director
Mary Lou Moran

**Community Information
Specialist & Case Worker**
Joan Newton

Program Coordinator
Melissa Cabral

Outreach Worker
Emilia Fernandes

Secretary
Julieth Cornejo

Shuttle Van Drivers
Dorian Castrillon & John Belluscio

BLACKSTONE HEALTH, INC.

Blackstone Health Café Coordinator
Timothy Sandy 365-1101

Nutrition Assistant
Susan Leal

Café receptionist
Terry DiFruscio

**LEON MATHIEU SENIOR CENTER
& BLACKSTONE HEALTH, INC.**

HOLIDAY CLOSINGS

MONDAY, January 17th - Martin Luther King
MONDAY, February 21st- Presidents' Day
No Activities, Senior Shuttle, or Blackstone Café.

**Leon Mathieu Senior Center
& Blackstone Health, Inc.**

Inclement Weather Policy

Please be aware that the Leon Mathieu Senior Center will be closed for activities, transportation and meals **WHEN THE PAWTUCKET SCHOOLS ARE CANCELED.** Listen to the radio and T.V. stations for any Pawtucket Schools/LMSC cancellations. Please Note: For your own safety, and the safety of our drivers, please make sure your walkway and driveway are clear of snow and ice prior to your pickup.

**Notary Public
Services Available**

**Mary Lou Moran,
Senior Center
Director, is a notary
public. If you need
any documents
notarized, she is
available to assist
you. Please bring in
a photo I.D. along
with the unsigned
document you need
to have notarized.**

AARP VOLUNTEER TAX PREPARATION SERVICE

AARP volunteer tax preparers will be available during the upcoming tax season to assist seniors 60+ with their tax returns. Services by appointment only! Please don't arrive more than 15 minutes before appointment. Call 401-728-7582 to make an appointment. NO WALK INS ALLOWED. This service will be available on Tuesdays and Fridays, 9 a.m.-12 p.m. from February 1st—April 15th, 2022. You will need to bring a photo I.D. and proof of income (e.g. W-2s, 1099 Social Security Benefit Statement, etc.) with you. Service is limited to short forms only.

THE PAWTUCKET SENIOR CITIZENS COUNCIL (PSCC)

The P.S.C.C is looking for new members! This is a perfect way to give back to your Community and be an ambassador for older adults. Pawtucket residents 62 and older are eligible to volunteer on the council. If interested in serving on the P.S.C.C, contact Mary Lou Moran, Senior Center Director, at 728-7582 for more information.

The Programs and services offered at the Leon Mathieu Senior Center are funded in part by the City of Pawtucket Community Development Block Grant Program, RI Department of Human Services - Office of Healthy Aging, RI Designated Grant, U.S. Administration for Community Living, Bristol County Savings, AARP Challenge Grant, donations and memberships. Thank you Donors!

MISSION STATEMENT

The mission of the Leon A. Mathieu Senior Center is to identify Pawtucket's older adults and provide them with a safe, supportive and nurturing environment where they can access information about resources, programs and services available on the local, state and federal levels. The Center acts as an advocate for the rights and well being of older adults on a wide variety of issues.

NUTRITION CORNER

Blackstone Health Café at the Leon Mathieu Senior Center provides nutritious meals in a community-dining room setting. Lunch is served Monday through Friday at 11:30 a.m. Participation in the congregate program is available to individuals who are at least sixty years of age and their spouse, as well as, persons with disabilities under sixty years of age. Guests of members may also attend for the full price of their meal, \$4.00. Diners contribute to the cost of the luncheon with a suggested donation of \$3.00, but no one is refused a meal if they cannot afford the suggested donation. Blackstone Health Café provides opportunities for members to socialize with neighbors from within their own community and share common interests along with life experiences. To quote one Blackstone Café member, "My favorite part of mealtime is sharing good laughs over a good meal!" Meal Reservations may be made by contacting the Café at 401-728-5480 one day in advance (one week in advance for holiday themed meals). Transportation can also be arranged at the Café reception desk. Volunteers are always welcome. If interested in becoming a volunteer at the Café, please speak with Timothy Sandy, Blackstone Café Coordinator.

Funded in part by the U.S. Administration for Community Living and State Funds through the Rhode Island Division of Elderly Affairs.

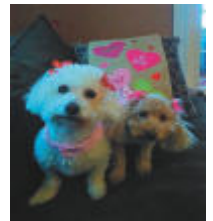


**at the
Leon A. Mathieu
Senior Center**

Join NISA, Community Outreach Coordinator to the Office of U.S. Senator Sheldon Whitehouse, for a Discussion Group/ Current Events Group to be held on January 27th and February 24th. Nissa will be discussing topics that pertain to Seniors. Paula Bradley will attend virtually. If you are interested in attending, please let Melissa know in advance.

PET THERAPY

**DAWN GOFF
WILL BE
BRINGING IN
HER LICENSED
THERAPY DOGS
"TINKERBELL"**



**(A BICHON) AND "WENDY"
(A POOCHON) - REGULARLY.
PLEASE REFER TO CALENDAR
FOR SPECIFIC DATES.**

Calling All Knitters:

Knitters needed to knit and/or quilt lap throws for local nursing home residents. Knitting group is on Mondays at 9:30 a.m. If you would like to join knitting or would like to donate a lap throw, please let Melissa know.



MEMBERSHIP RENEWAL TIME

Leon Mathieu Senior Center Membership Drive begins on January 3rd, 2022.

Your membership will be good for a period of one year (January 3rd 2022-January 2nd 2023).

Please remember to update your contact information whenever it changes.

This can be done at the 2nd floor office.

\$7 for Pawtucket residents; \$10

for non-residents



As of the printing of this newsletter, masks are required indoors unless actively eating at the Blackstone Café.

JANUARY 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| 9:00 Knitting 3 9:30 Muscle Strength 11:30 Lunch—Café \$3 Suggested Donation 12:30 Hi-Lo Jack Club | 9:30 Shri Yoga-\$10 monthly 4 10:00 Therapeutic Coloring 10:30 Line Dancing 12:30 Non-Impact Aerobics | 10:00 Stretch Exercise 5 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi Class \$10 Monthly 12:35 Arthritis Exercise | 9:30 Salsacise 6 9:30 Mindfulness 11:30 Lunch—Café \$3 Suggested Donation 12:15 Chair Yoga 12:15 Penny BINGO | 10:00 Stretch Exercise 7 11:30 Lunch \$3 Suggested Donation 12:30 "Healthy Living for Your Brain Presentation" by Alzheimer's Association |
| 9:00 Knitting 10 9:30 Muscle Strength 11:30 Lunch—Café \$3 Suggested Donation 12:30 Hi-Lo Jack Club | 9:30 Shri Yoga-\$10 monthly 11 10:00 Therapeutic Coloring 10:30 Line Dancing 12:30 Non-Impact Aerobics | 10:00 Stretch Exercise 12 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi Class \$10 Monthly 12:35 Arthritis Exercise | 9:30 Salsacise 13 9:30 Mindfulness 11:30 Lunch—Café \$3 Suggested Donation 12:15 Chair Yoga 12:15 Penny BINGO | 10:00 Stretch Exercise 14 11:30 Lunch \$3 Suggested Donation 12:30 URI School of Pharmacy Presents: COVID Updates—This virus has changed our lives dramatically. Learn the latest updates on prevention and treatment and what the true facts are concerning Covid. |
| 17 NO ACTIVITIES, SENIOR SHUTTLE OR BLACKSTONE CAFÉ  | 9:30 Shri Yoga-\$10 monthly 18 10:00 Therapeutic Coloring 10:30 Line Dancing 12:30 Non-Impact Aerobics | 10:00 Stretch Exercise 19 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi Class \$10 Monthly 12:35 Arthritis Exercise | 9:30 Salsacise 20 9:30 Mindfulness 11:30 Lunch—Café \$3 Suggested Donation 12:15 Chair Yoga 12:15 Penny BINGO | 10:00 Stretch Exercise 21 11:30 Lunch -RSVP Band \$3 Suggested Donation 12:30 Elder Law Presentation by Connelly Law |
| 9:00 Knitting 24 9:30 Muscle Strength 11:30 Lunch—Café \$3 Suggested Donation 12:30 Hi-Lo Jack Club 1:00 Watercolor Painting | 9:30 Shri Yoga-\$10 monthly 25 10:00 Therapeutic Coloring 10:30 Line Dancing 12:30 Non-Impact Aerobics | 10:00 Stretch Exercise 26 10:00 Alzheimer's Caregiver Support Group 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi Class \$10 Monthly 12:35 Arthritis Exercise | 9:30 Salsacise 27 9:30 Mindfulness 10:30 Discussion Group 11:30 Lunch—Café \$3 Suggested Donation 12:15 Chair Yoga 12:15 Penny BINGO | 10:00 Stretch Exercise 28 11:30 Lunch \$3 Suggested Donation 12:30 Wine Glass Painting Provided by Cherry Hill Manor |
| 9:00 Knitting 31 9:30 Muscle Strength 11:30 Lunch—Café \$3 Suggested Donation 12:30 Hi-Lo Jack Club 1:00 Watercolor Painting | PRE-REGISTRATION IS REQUIRED FOR ALL PROGRAMS AND APPOINTMENTS TO FOLLOW COVID PROTOCOLS. REGISTER BY CALLING 401-728-7582. THANK YOU!!! | | | |

FEBRUARY 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | 9:30 Shri Yoga- \$10 monthly 1 10:00 Therapeutic Coloring 10:30 Line Dancing 12:30 Non-Impact Aerobics | 10:00 Stretch Exercise 2 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi Class \$10 Monthly 12:35 Arthritis Exercise | 9:30 Salsacise 3 9:30 Mindfulness 11:30 Lunch—Café \$3 Suggested Donation 12:15 Chair Yoga 12:15 Penny BINGO | 10:00 Stretch Exercise 4 11:30 Lunch \$3 Suggested Donation 12:30 BINGO BLAST |
| 9:00 Knitting 7 9:30 Muscle Strength 11:30 Lunch—Café \$3 Suggested Donation 12:30 Hi-Lo Jack Club 1:00 Watercolor Painting | 9:30 Shri Yoga- \$10 monthly 8 10:00 Therapeutic Coloring 10:30 Line Dancing 12:30 Non-Impact Aerobics | 10:00 Stretch Exercise 9 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi Class \$10 Monthly 12:35 Arthritis Exercise | 9:30 Salsacise 10 9:30 Mindfulness 11:30 Lunch—Café \$3 Suggested Donation 12:15 Chair Yoga 12:15 Penny BINGO | 10:00 Stretch Exercise 11 11:30 Lunch \$3 Suggested Donation 12:30 URI School of Pharmacy Presents: "Strengthening Your Immune System" |
| 9:00 Knitting 14 9:30 Muscle Strength 11:30 Lunch—Café \$3 Suggested Donation 12:30 Hi-Lo Jack Club 1:00 Watercolor Painting | 9:30 Shri Yoga- \$10 monthly 15 10:00 Therapeutic Coloring 10:30 Line Dancing 12:30 Non-Impact Aerobics | 10:00 Stretch Exercise 16 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi Class \$10 Monthly 12:35 Arthritis Exercise | 9:30 Salsacise 17 9:30 Mindfulness 11:30 Lunch—Café \$3 Suggested Donation 12:15 Chair Yoga 12:15 Penny BINGO | 10:00 Stretch Exercise 18 11:30 Lunch—RSVP Band \$3 Suggested Donation 12:30 To be Determined |
| 21  NO ACTIVITIES, SENIOR SHUTTLE OR BLACKSTONE CAFÉ | 9:30 Shri Yoga- \$10 monthly 22 10:00 Therapeutic Coloring 10:30 Line Dancing 12:30 Non-Impact Aerobics | 10:00 Stretch Exercise 23 10:00 Alzheimer's Caregiver Support Group 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi Class \$10 Monthly 12:35 Arthritis Exercise | 9:30 Salsacise 24 9:30 Mindfulness 10:30 Discussion Group 11:30 Lunch—Café \$3 Suggested Donation 12:15 Chair Yoga 12:15 Penny BINGO | 10:00 Stretch Exercise 25 11:30 Lunch \$3 Suggested Donation 12:30 "5 Wishes Presentation" |
| 9:00 Knitting 28 9:30 Muscle Strength 11:30 Lunch—Café \$3 Suggested Donation 12:30 Hi-Lo Jack Club 1:00 Watercolor Painting | PRE-REGISTRATION IS REQUIRED FOR ALL PROGRAMS AND APPOINTMENTS TO FOLLOW COVID PROTOCOLS. REGISTER BY CALLING 401-728-7582. THANK YOU!!! | | | |

SOCIAL & HUMAN SERVICES CORNER

Are you receiving all the benefits you are entitled to? We are here to help.

We offer trusted, unbiased, one-on-one counseling and assistance.

COME ABOARD OUR SHIP!

The national SHIP (Senior Health Insurance Program) mission is to empower, educate, and assist Medicare eligible individuals, their families, and caregivers through objective outreach, counseling and training to make informed health insurance decisions that optimize access to care and benefits. You are fortunate to have SHIP trained counselors available to you at the Leon Mathieu Senior Center. To schedule an appointment (**No walk-ins allowed at this time due to COVID – 19 precautions**) contact the Senior Center at 401-728-7582, Monday – Friday, 8:30 a.m. – 4:00 p.m.

COUNSELING TOPICS INCLUDE BUT NOT LIMITED TO:

Health & Prescription Insurance Benefits Check-Up

Medicare/Medicaid Eligibility Assistance

Medicare Premium Payment Program Eligibility & Enrollment Assistance

Eligibility Screening for Federal State & Local Programs

Home and Community Care Options

SNAP Program (formerly Food Stamps Program)

Health Care Fraud & Protection (Senior Medicare Patrol)

Identity Fraud & Consumer Protection

Housing Options

Heating Assistance

Retirement Planning

Living Wills and Durable Power of Attorney for Health Care



Announcing one on one appointments with URI SNAP Outreach Counselors. Counselors can help out with new applications, recertifications, and answer questions you may have regarding SNAP. To make an appointment, please call 401-728-7582.

What You Can Do to Avoid a Scam...

Block unwanted calls and text messages. Take steps to **block unwanted calls** and to **filter unwanted text messages**.

Don't give your personal or financial information in response to a request that you didn't expect. Legitimate organizations won't call, email, or text to ask for your personal information, like your Social Security, bank account, or credit card numbers.

If you get an email or text message from a company you do business with and you think it's real, it's still best not to click on any links. Instead, contact them using a website you know is trustworthy. Or look up their phone number. Don't call a number they gave you or the number from your caller ID.

Resist the pressure to act immediately. Legitimate businesses will give you time to make a decision. Anyone who pressures you to pay or give them your personal information is a scammer.

Know how scammers tell you to pay. Never pay someone who insists you pay with a gift card or by using a money transfer service. And never deposit a check and send money back to someone.

Stop and talk to someone you trust. Before you do anything else, tell someone — a friend, a family member, a neighbor — what happened. Talking about it could help you realize it's a scam.

State of Rhode Island
Division of Motor Vehicles

RI Division of Motor Vehicles is currently open by reservation only. At this time we are not offering transportation to the DMV.

However we are available for any questions you may have for id renewal. Reservations are available for the Cranston, Woonsocket, Middletown, and Wakefield offices. NO WALK-INS ALLOWED. Reservations can be made online at www.dmv.ri.gov or by calling

Alzheimer's & Dementia Related Family Caregiver Support Group

- Build a support system with people who understand
- Exchange practical information on caregiving challenges and possible solutions
- Talk through challenges and ways of coping
- Share feelings, needs and concerns
- Learn about community resources

When: Last Wednesday of each month at 10 a.m.

Next dates are January 26th & February 23rd

Where: Leon Mathieu Senior Center on the 2nd floor.

Mary Lou Moran, Director of the L.M.S.C, will be leading the group.

FREE BLOOD PRESSURE SCREENINGS

• **U.R.I COLLEGE OF PHARMACY**
JANUARY 14TH AND FEBRUARY 11TH
FROM 10:30-11:30 A.M.

• **R.I.C NURSING STUDENT TUESDAYS**
(starting February 1st) from 9 a.m.-12 p.m.



BUS PASSES

As the Photo ID Office remains closed to the public, RIPTA is now accepting bus pass program applications by mail to assist customers. If you need an application mailed to you, please contact RIPTA Customer Service at 401-784-9500 ext. 2012.

ALZHEIMER'S ALERT PROGRAM

The City of Pawtucket's Alzheimer's Alert Program is a joint effort between the City's Division of Senior Services and the Pawtucket Police Department. The purpose of this program is to ensure the safety of registered participants who are suffering from Alzheimer's disease and related dementias. Client information is kept completely confidential. To learn more about this program contact the Senior Center at 728-7582.

HEATING ASSISTANCE NEWS:

A single person can earn up to \$2,804/month and a married couple can earn up to \$3,666/month to qualify for heating assistance (based on 2022 guidelines). If you are interested in applying for Heating Assistance you can make an appointment at the Senior Center's 2nd floor office or by calling 728-7582.

REMINDER TO ALL HOME OWNERS:

Don't forget to apply for your Property Tax Exemption - you must apply by March 15, 2022 with the Pawtucket Tax Assessors Office, 728-0500 extension 333.

SUPPORT OUR ADVERTISERS!



Medicare loses an estimated \$60 billion each year due to fraud, errors, and abuse. Every day, these issues affect countless beneficiaries nationwide.

HOW DOES HEALTH CARE FRAUD HAPPEN?

A "representative" calls offering an incentive—perhaps a free back or knee brace. All he needs is your Medicare number. It may seem harmless at first, but this is attempted fraud and it could lead to identity theft.

Don't accept medical equipment or supplies unless they are ordered by your doctor. Never share your Medicare number with a stranger who calls to ask for it.

PROTECTING YOU & MEDICARE

The good news is that by following some simple tips, you can protect yourself against these types of scams. Remembering to **protect**, **detect**, and **report** helps everyone, including you and your loved ones.



Protect Yourself & Medicare

Rhode Island SMP

401-462-0194

www.oha.ri.gov/programs/SMP



Part of the U.S. Department of Health and Human Services.



PROTECT

Protect yourself against Medicare fraud.

Protecting your personal information is your best defense against health care fraud and abuse.

Steps to protect yourself and your health care benefits:

- Treat your Medicare and Social Security numbers like your credit cards. Never give these numbers to a stranger.
- Remember, Medicare won't call to ask for your Medicare number.
- Don't carry your Medicare card unless you'll need it for a doctor's appointment.
- Keep a record of your medical visits, tests, and procedures in a health care journal or calendar.
- Save your Medicare statements, such as Medicare Summary Notices and Explanations of Benefits.

DETECT

Detect potential fraud, errors, and abuse.

Knowing how to spot suspicious activity can help you stop health care fraud and abuse in its tracks.

Steps to detect possible fraud, errors, and abuse:

- Review your Medicare statements for mistakes by comparing them to your personal records.
- Look for three things on your Medicare statements:
 - Charges for something you didn't get
 - Billing for the same services or supplies twice
 - Services that weren't ordered by your doctor

REPORT

Report suspected fraud, errors, and abuse.

If you suspect you have been a target of fraud, report it. This will help you and others at risk for health care scams.

Steps to report suspicious behavior:

- If you receive a suspicious call, don't give out any personal information. Report the call immediately to your local SMP.
- If you have questions about your Medicare statements, call your health care provider or plan.
- If you're not comfortable calling your health provider or you're not satisfied with the response, call your local SMP. All conversations are confidential.



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to you at www.mycommunityonline.com



| | |
|--|----------------|
| LEON MATHIEU SENIOR CENTER..... | 728-7582 |
| LEON MATHIEU SENIOR CENTER'S EMAIL: seniorcenter@pawtucketri.com | |
| LEON MATHIEU SENIOR CENTER'S FAX..... | 312-0268 |
| BLACKSTONE CAFE MEAL RESERVATIONS..... | 728-5480 |
| BLACKSTONE HEALTH, INC. NUTRITION..... | 365-1101 |
| CITY OF PAWTUCKET SENIOR SHUTTLE..... | 725-8220 |
| (for Pawtucket residents only) | |
| MTM TRANSPORTATION..... | 1-855-330-9131 |
| (to all medical appointments & meal sites) | |
| NEW HORIZONS ADULT DAY CENTER..... | 727-0950 |
| RI DIVISION OF HEALTHY AGING..... | 462-3000 |
| R.I.P.T.A. BUS PASS INFORMATION..... | 784-9500 |
| SOCIAL SECURITY ADMINISTRATION..... | 1-866-931-7079 |
| SOCIAL SECURITY'S FAX NUMBER | 1-833-950-2350 |
| PAWTUCKET CITY HALL..... | 728-0500 |

