

SEPTEMBER

SEPTEMBER 2022

-  1315 Chopmist Hill Road
North Scituate, RI
-  Monday - Friday
9 a.m. to 4:00 p.m.
-  (401) 647-2662
-  Generationsdirector1@gmail.com

Staff Directory

Our Mission

The mission of Generations at Chopmist Hill Senior Center is to promote healthy aging, independence and the well-being of older adults through health, wellness, educational, cultural, and recreational programs and services.

Dina Elhelw
Director of Senior Services
(401) 647-2662
Delhelw@Scituateri.org
Activities Assistants
Mary Lightfoot
Kimberly Stinnette

Nutrition Manager
Cheryl Ignacio
Driver
Frank Borges

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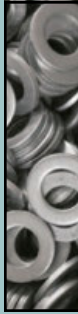
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401-647-1400

janegurzenda@gorhamlaw.com

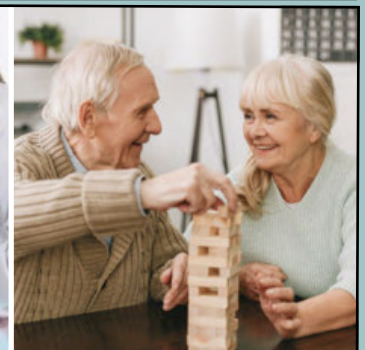


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Scituate Senior Center - North Scituate, RI

06-5313

Message From the Director



The Cool Crisp air is among us! There is a stigma to what senior centers are all about these days. Take a look at the article below and TOGETHER, we can celebrate Senior Center Month at the INN!

Dina Elhelw, Director of Senior Services

Observe National Senior Center Month!

September Is Senior Center Month! Every year since 1979, the National Council on Aging (NCOA) has celebrated Senior Center Week. In 1985, President Ronald Reagan signed the first Senior Center Week Presidential Proclamation, and in 2007, the week-long celebration extended to the entire month of September.

When thinking of senior centers, minds may wander to pictures of older adults playing cards or Bingo, but senior centers are much more than that! They offer a wide range of services and are a wonderful gateway for older adults to connect with others in their communities.

Aging Well

By promoting and supporting senior centers, National Senior Center Month aims to build a momentum toward a bright future for aging Americans. To achieve this, the National Institute of Senior Centers (NISC) focuses on four key ideals:

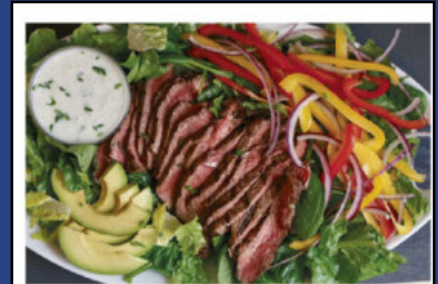
- Growing. Helping seniors grow to be their best selves.
- Learning. Assisting seniors in learning new languages and skills.
- Connecting. Connecting seniors with new and old friends.

Giving. Highlighting opportunities to give back to senior centers and the community.

For 2019, the theme for National Senior Center Month is "The Key to Aging." While there is no secret discovery to living forever or a map to the Fountain of Youth, some of the best ways to up the odds of staying alive and healthy for longer include eating fresh greens, getting enough sleep, and spending time with friends and family.

Senior centers can assist aging adults for September's National Senior Center Month by planning activities early, such as with evidence-based programs (EBPs). Promote Positive Aging Research suggests that promoting positive age stereotypes could result in less illness and allow seniors to live independently longer. During Senior Center Month, consider holding staff training to understand the aging process and to develop strategies and community outreach. Training, understanding and educating participants and the community are essential steps in a positive, age-friendly environment at senior centers.

Recipe of the Month!



GRILLED STEAK SALAD WITH CHIVE YOGURT DRESSING

Prep Time: 15 min

Cook Time: 10 min

Dressing:

- 1 cup of plain yogurt
- 3 tables spoons of freshly squeezed lime juice
- 2 tablespoons of milk
- 2 tables spoons of freshly chopped chives
- 1 clove of garlic
- 1/4 table spoon of kosher salt
- 1/8 tablespoon of black pepper

Steak:

- 1 teaspoon of kosher salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon of granulated garlic
- 20 ounces boneless sirloin steak

Salad:

- 3 cups of baby spinach
- 3 cups of chopped romaine lettuce
- 1/2 cup of red /yellow pepper rings
- 1 cup of avocado
- 1/4 cup of thinly shaved red onion



BONE BUILDERS

10:45 am.-11:45 am.

The Bone Builders program relies upon weight training and balance exercises to protect against fractures caused by osteoporosis by increasing muscular strength, balance and bone density. Join us every Wednesday at 10:45.



WALK THE TRACK

9:30 am.-10:30am.

Join us Sept. 19th!
Each week the walking club will head over to Tascas field to walk the track



FITNESS PROGRAM

MEDITATION MONDAY

Meditation is a practice in which an individual uses a technique- such as mindfulness, or focusing the mind on a particular object, thought, or activity- to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. Join us in the den every other Monday at 10:30 to decompress and clear your mind.

YOGA

Yoga is a group of physical, mental and spiritual practices aimed to control and still the mind. Please join us every Tuesday at 10:30 in the den.



LINE DANCING

Come join the fun with a instructionally guided line dancing class with your very own Mishnock Barn Instructor Jesse! All levels of experience are welcome. Check the calendar as these class days vary.

BONE BUILDERS

The Bone Builders program relies upon weight training and balance exercises to protect against fractures caused by osteoporosis by increasing muscular strength, balance and bone density. Join us every Wednesday at 10:45.

ZUMBA GOLD

This class uses easy to follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave feeling empowered and strong. Join us every Thursday in the dining room at 11am!



KEEP UPRIGHT

Join Kate, a licensed physical therapist assistant and a certified personal trainer every other Friday for an individualized balance assessment who will help you focus on fall prevention, body awareness, balance and safe functionality. Join us very other Friday in the den at 11am!

All fitness classes offered at the Inn are easily modified for all ability levels.





ACTIVITY CALENDAR


GENERATIONS AT CHOPMIST HILL INN SENIOR CENTER (RI)

5

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Coffee & News 10am- Bingo 11am- Zumba 12-Lunch 1pm-Card Games	2 Coffee & News 12- Lunch 1pm- Mocktails on the deck
5 CLOSED IN CELEBRATION OF LABOR DAY	6 Coffee & News 10:30- Yoga 12- Lunch 1pm-Line Dancing	7 Coffee & News 10- Chain Gang/BP 10:45- Bone Builders 12- Lunch 1- Live Game Show	8 Coffee & News 10am- Bingo 11am- Zumba 12-Lunch 1pm-Card Game	9 Coffee & News 11am- Keep Upright 12- Lunch 1pm- Mocktails on the deck
12 Coffee & News 9:00- Walmart Tr 12- Lunch 1pm- Classic Movie Monday	13 CLOSED FOR PRIMARY ELECTIONS	14 Coffee & News 10- Chain Gang/BP 10:45-Bone Builders 12- Lunch 1- Fall Wreath Making	15 Coffee & News 10am- Bingo 10 - Apple Picking 11am- Zumba 12-Lunch 1pm-Card Game	16 Coffee & News 10- Fall Baking 12- Lunch 1pm- Mocktails on the deck/ Open Art Studio
19 Coffee & News 9:30 Walk The Track 10:30- Meditation 12- Lunch 1pm-Classic Movie 1- Sunflower Picking	20 Coffee & News 10:30- Yoga 11- Heart Healthy cooking made easy 12- Lunch 1pm-Stand Up	21 Coffee & News 10- Chain Gang/BP 10:30- Chelos Wat. 10:45- Bone Builders 12- Lunch 1- Live Game Show	22 Coffee & News 10-12- Painting Class 11am- Zumba 12-Lunch 1pm-Bingo Bonanza	23 Coffee & News VT Country Store 8:30- Breakfast Club 11am- Keep Upright 12- Lunch 1pm- Mocktails
26 Coffee & News 11:00- Uncle Tony's 12- Lunch 1pm- Classic Movie	27 Coffee & News 10:30- Yoga 12- Lunch 1pm-The great cathedrals of England	28 Coffee & News 10- Chain Gang/BP 10- SOCK HOP 10:45-Bone Builders 12- Lunch	29 Coffee & News 10am- Bingo 11am- Zumba 12-Lunch 1pm-Card Game 1- Moose Trackers	30 NAT'L HOT MULLED CIDER DAY Coffee & News 8:30 Casino Trip 12- Lunch 1pm- Mulled cider

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SEPTEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	All Menu items may contain nuts, seeds, bean, wheat, bran and other allergens.		1 Lentil Soup Italian Sausage w/ Peppers and Onions Tortellini Wafer Cookie Rye Bread Hamburger on Wheat Roll	2 Minestrone Soup Shepherd's Pie Roasted Brussels Sprouts Jell-O Garlic Roll Seafood Sal. on Wheat
5 Closed in celebration of Labor Day	6 Chicken Veg Soup Pork Loin w/ Applesauce Brown Rice Green Beans Sliced Peaches Dinner Roll Egg Salad	7 Italian Wed Soup Meatballs w/ Sauce Pesto Pasta It. Blend Veg Tapioca Pudding Italian Bread Turkey Salad on Italian	8 Onion Soup Roast Turkey w/ Gravy Corn Bread Stuffing Mixed Veg Fruit Bar Marble Bread Pastrami and Swiss	9 Lemonade Grilled Chicken Br. Baked Beans Pr. Edward Blend Veg Watermelon Multigrain Hot Dog on Bun
12 Split Pea Soup Baked Ham w/ Pine. Sweet Potatoes Capri Veg. Blend Oatmeal Raisin Cookie Rye Bread Tuna on Rye	13 Cranberry Juice Beef Stroganoff Whole Grain Noodles Sliced Carrots Fresh Fruit Marble Bread Turkey & Cheese on Marble	14 Tom & Br. Rice Soup Chick w/ Art, Red Peppers Oven Roasted Pot. Mixed Veg Italian Ice Whole Wheat Bread Meatloaf Sand.	15 Chicken Esc. Soup French Meat Pie Green Beans Frosted Cupcake Pump. Bread Ham Salad on Pump.	16 Clear Chowder Pot. Crunch Fish Au Gratin Pot. 3-Bean Salad Sliced Pears Wheat Bread
19 Turk. & Br Rice Soup Pot Roast w/ Gravy Mashed Pot. Broccoli Pudding Wheat Dinner Roll Egg Salad on Roll	20 Vegetable Soup Beef Wellington Lyonnaise Pot. Roasted Zuc Fruit Cocktail Rye Bread Corned Beef & Swiss	21 Pasta & Bean Soup Stuffed Pepper Brown Rice Baby Carrots Mandarin Oranges Wheat Bread Turk. & Ch. on Wheat	22 Lentil Soup Veal Cutlet w/ sauce Whole Grain Ziti It. Blend Veg. Frosted Brownie Italian Bread Salami w/ Prov.	23 Red Chowder Seafood Salad Chic Pea Salad Cole Slaw Fresh Fruit Multi-Grain Bread Chick. Salad Sand.
26 Vegetable Soup It. Style Chick. Cut. Wild Rice Stewed Tom. Apricot Halves Oatmeal Bread Seafood Salad on Oatmeal	27 Chili Soup Tuna Salad Mac. Salad Beet Salad Lemon Pudding Multi Gr. Bread Sliced Chicken on Multi Grain	28 Chicken Esc. Soup Stuffed Pepper Seasoned Pot. Baby Carrots Mandarin Oranges Wheat Bread Turk. & Ch. on Wheat	29 Egg Drop Soup Orange Glazed Chicken Veg. Egg Roll Asian Bl. Veg. Wafer Cookies Rye Bread Tuna on Rye	30 Apple Juice Cheese Om. w Tom. Turkey Sausage Crispy Home Fries Fresh Fruit Cup Ham & Ch. on Wheat

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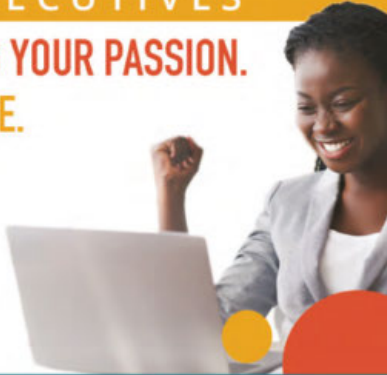
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Lets Go Out To Eat!

Chelos Wataerfront Wednesday, Sept. 21 10:30 am-1:30 pm

Since 1955, Chelos on the Waterfront had provided excellent food, great views, and Live entertainment! Join us and soak in the scenery of Greenwich Bay!

The Breakfast Club Friday September 16th 8:30 am - 10 am

Join us The English Muffin for a delicious,, generously-portioned breakfast! Eggs, Pancakes, Waffles, take your pick!

Uncle Tony's Monday, September 26th 11 am - 1:30 pm

Authentic Italian Cuisine at a good old fashion RI staple. Come hungry and leave with a smile!

Moose Trackers Ice Cream & Confections Thursday September 29th 1 pm- 2 pm

Moose Trackers features quality products and service of a bygone era by bringing old school charm to a new generation!



THE FONDEST
MEMORIES ARE
MADE **GATHERED**
AROUND THE TABLE

It is best to RSVP one week prior to all Inn events & field trips



Other Outings ...

to look forward to

Casino

Friday September 30
8:30 departure

-

Shopping

Monday September 12
Walmart- 9am departure

-

Apple Picking

Thursday September 15th
10:00 departure

Apple Picking

Thursday Sept. 15th
10 am- 12 pm

Join us at Barden Orchards as we pick some of the best apples the season has to offer!



Sock Hop at the Inn

Wednesday Sept. 28th
10 am- 12 pm

Grab your saddle shoes and let's twist! Join us for throwback party to the 1950's! We'll have entertainment, games, prizes, and all the best parts of the 50s!