



# CUMBERLAND SENIOR CENTER—MONTHLY NEWSLETTER

1464 Diamond Hill Road, Cumberland RI 02864

Mayor: Jeff Mutter ~ Director Michael Crawley

401-334-2555—www.cumberlandri.org

## MARCH 2020

### HOURS

We are open Daily  
Monday-Friday

Hours: 8:00am to 4:00pm

### LOCATION & CONTACT INFO

1464 Diamond Hill Road,  
Cumberland RI

Phone: 401-334-2555

Fax: 401-335-4473

Website:

www.cumberlandri.org

Closed: Saturday & Sunday

### LEADERSHIP

**Mayor: Jeff Mutter**

Town Hall—401-728-2400

**Senior Director:**

**Michael Crawley**

mrcrawley@cumberlandri.org

401-334-2555 ext. 101

**Social Director**

**Service Manager**

Karen Kane ext. 101

kkane@cumberlandri.org

**Admin Assist/Clerk**

Deb Coia ext. 102

dcoia@cumberlandri.org

**Senior Van Driver**

Brian Hart ext. 104

**Food Director**

Tyler Kinch ext. 103



Happy  
St. Patrick's  
Day!



### Director's Message



Happy St. Patrick's Day & Happy St. Joseph's Day! It is March and we can only hope Spring is not far away. It has been a long cold winter—THINK SPRING! Memberships this year are booming and we couldn't be happier here at the Senior Center.

Hope to see everyone for our annual St. Patrick's Lunch on

**Thursday March 12. March is also National Nutrition Month** harness that

motivation and start making long-lasting, powerful food choices that will improve your mental and physical health. In honor of National Nutrition Month we will be hosting a **Healthy Lunch & Cooking Demonstration with Farm**

**Fresh RI** (following lunch) on **Thursday March 19 @ 11:30—\$3.00pp**

At the Senior Center we are always looking for new ideas to make the Senior Center a great experience for all, Please feel free to let me or any member of the staff at the Senior Center know your idea or suggestions ~Mike

**Our Mission Statement** - The Cumberland Senior Center is a caring center committed to providing an array of quality services to Enrich & Educate our senior citizens. We encourage all individuals to achieve a lifestyle in which they can remain an active and productive member of the community. We are responsive to the needs of our senior citizens & offer up-to-date quality of life programs and encourage all members to participate.



# CLOSINGS, MEMBERSHIP, REMINDERS & MISC

## MARCH – NO CLOSINGS

THE CUMBERLAND SENIOR CENTER IS CLOSED ON MAJOR STATE & MUNICIPAL HOLIDAYS INCLUDING:

LABOR DAY, COLUMBUS DAY, VETERANS DAY, THANKSGIVING, CHRISTMAS & NEW YEARS DAY, MLK JR. DAY, PRESIDENTS DAY, MEMORIAL DAY, JULY 4TH AND VJ DAY



DON'T FORGET!

ST. PAT'S DAY LUNCH

THURS MARCH 12 STARTS AT 11:30 \$10PP

TAX HELP— GO TO THE CUMBERLAND LIBRARY

MONDAYS—STARTING FEBRUARY 24

10:00AM–1:00PM 1ST COME, 1ST SERVE BASIS

## MEMBERSHIP, NEWSLETTER & NOTARY

Membership Renewal - Don't forget to renew your yearly membership

\$8.00 Cumberland Residents / \$12.00 Non-Residents (MEMBERSHIP RENEWALS ARE AVAILABLE NOW—SEE DEBI COIA)

Newsletter—The Monthly Newsletter will come out the **last Thursday of the Month**  
Available to Members at no charge

Notary Services—Available to Members at no charge—Contact Senior Center Clerk Debi Coia

\*\*\* NEW TIME ALERT! TONING CLASS

WILL NOW BE MONDAY **12:00PM–1:00PM**

FRIDAY MARCH 20 @ 10:30AM

**\*\* CAPTION CALL \*\*** WILL BE AT THE SR CENTER

THERE WILL BE A TABLE IN MAIN ASSEMBLY

## VOLUNTEER ADVISORY BOARD

THE CUMBERLAND SENIOR CENTER ADVISORY BOARD IS A VOLUNTEER GROUP FORMED TO GIVE ADVICE AND SUPPORT TO THE SENIOR CENTER EXECUTIVE STAFF. THE ADVISORY BOARD MEETS 1ST WEDNESDAY OF THE MONTH AT 9AM. ANYONE INTERESTED IN JOINING EMAIL EXECUTIVE DIRECTOR MIKE

CRAWLEY @ MCRAWLEY@CUMBERLANDRI.ORG

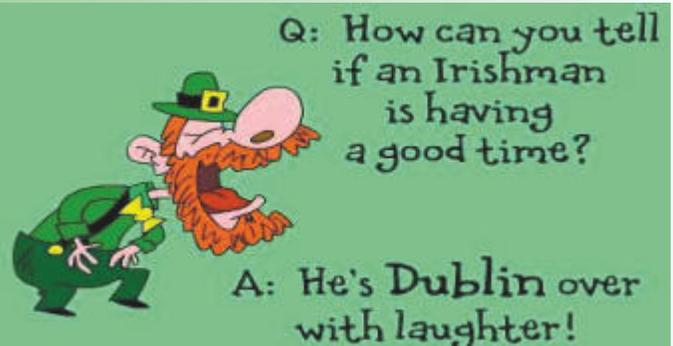
**NEXT MEETING IS WEDNESDAY MARCH 4**

FRIDAY MARCH 27–12:00PM

FREE AFTER LUNCH ICE CREAM SOCIAL

SPONSORED BY

**NEXT MONITORING ALERT SYSTEMS**



## Senior Center FAQ's (Frequently asked questions)

**What age do I have to be to join the Senior Center?** 55+

**How do I join the Senior Center?** Stop in the office of the Senior Center & fill out membership form :Per Year: \$8.00 Town Residents/\$12.00 Non Residents

**If I leave my parent at the Senior Center will**

**someone keep an eye on him/her? Are seniors supervised at all times?** We are not staffed to assist and stay with any one individual. We welcome aides or family members for seniors who are in need of assistance.

**Is the Cumberland Senior Center for Cumberland Residents only?** No. Seniors are Welcome at any Senior Center (see above for member fees)

**Do you provide transportation to Medical Appointments?** No, but we provide rides to and from the Senior Center & weekly market trips—Call Sr. Van Driver Brian Hart 401-334-2555 for more info.

**Is someone available to answer questions on Medicare?** Yes, We have a Senior Health Advisor from Tri County Community Action Guy Boulay—Fridays by appointment but can also be reached by phone for urgent questions—Call the Senior Center for info

**Is Someone Available to answer questions on Veterans Benefits?** Yes, our Senior Veteran Volunteer Tom Yuppa is at the Senior Center the 1st Weds. of the Month from 9-12—Call for an Appointment or stop in the Senior Center for more info.

**What types of programs and classes are at the Senior Center?** We have several on-going programs—Fitness of all kinds (see Fitness Page in Newsletter)—as well as Watercolor Class, Busy Fingers, Hi Lo Jack Leagues & our Computer Room. We also have several health related programs and a free blood-pressure clinic. We offer day trips For further information, call the Senior Center at 401-334-2555 or visit town website [cumberlandri.org](http://cumberlandri.org) -All the details are available in the monthly newsletter

## FAQ 'S & THANK YOU

**THANK YOU TO:**

**GRANDVIEW CENTER** FOR BLOOD PRESSURE CHECKS

**OAKLAND GROVE** FOR BLOOD PRESSURE CHECKS

**HERITAGE HILLS** FOR BLOOD PRESSURE CHECKS

**MOUNT ST RITA** FOR SPONSORING OUR MONTHLY COOKIES

**LANDMARK HOSPITAL**— FOR SPONSORING OUR FREE MARCH 30 BREAKFAST W/ SPECIAL GUEST DR. ARUN KARWAL ( PODIATRIST)

**NEXT MONITORING ALERT SYSTEMS**— FOR SPONSORING FREE AFTER LUNCH ICE CREAM SOCIAL ON FRIDAY MARCH 27

# NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed  
to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)



# CLUBS, LEAGUES, CONVERSATION & COMPUTER

## BUSY FINGERS

**(KNIT & CROCHET) - MEETS Mondays @ 8:30AM-11:00AM**—If you LOVE to Knit or Crochet or just want to come to learn how—this is the group for you! We welcome crafters of all skill levels. Our group is informal, chatty and friendly.

## CONVERSATION CAFÉ

Join us the **1st Wednesday of every month at 10:30am** for an hour of CONVERSATION & CURRENT EVENTS— An informal dialogue method which invites people to take part in discussions about topical issues in an informal setting.

**Upcoming Café: Wednesday**

**March 4—@ 10:30am ( [Paula Bradley from Sheldon Whitehouse office will be here](#) )**

**ALL SENIOR CENTER MEMBERS ARE WELCOME! THE MORE THE MERRIER!**



## WATERCOLOR CLASS

**TUESDAYS 12:30PM**—Artists will learn basic techniques such as using color and value to create depth. Additionally, we learn how to see with an artist's eye and capture what we see on the canvas. **\$3.00 per Class**  
**Instructor: Jerry Aissis**



**\*\* NEW \*\***

## READING WITH MEREDITH

**TUESDAYS @ 10:30AM—COMPUTER ROOM**

Senior Center volunteer Meredith Gilbert will be starting a new **READING SERVICE**. Meredith will read current news, magazines, books & other items of interest so that people who cannot read conventional print, have low vision or blind can listen to these publications through Meredith.



Hey did you know the Cumberland Senior Center has a **GLEE CLUB**? We are always looking for New Members to join in on the SINGING & FUN (No Experience Necessary—just like to sing) Join today , Practice is Tuesdays @ 12pm (at the Senior center) If interested please contact Choral Director Karen Kane @ Senior Center 401-334-2555 or email [kkane@cumberlandri.org](mailto:kkane@cumberlandri.org) Or Stop by the

Senior Center **Glee Schedule:**

**Tuesday March 3** —12 pm Practice

**Tuesday March 10** —12 pm Practice

**Thursday March 12** —PERFORMACE ST PATS LUNCH @CUMB SR CTR 11:30AM

**Tuesday March 17** —PERFORMANCE GRANDVIEW CENTER—10AM

**Tuesday March 24** —NO PRACTICE

**Tuesday March 31** —NO PRACTICE

**Tuesday April 7** —12pm Practice



## HI LO JACK—MONDAYS & TUESDAYS

**12:30PM**

**16 WEEK SESSIONS**

**\$1.00 Per Week—Monday**

**\$2.00 Per Week—Tuesday**

**New players are welcome!**

**( see Ann & Real)**

**Players must have prior experience playing Hi-Lo Jack.**

# EXERCISE CLASS DESCRIPTIONS

## BODY & BRAIN FITNESS—Tues. & Fri.

A Full Body Workout that gets your muscles moving—includes Combo of Warmups, strength training, cardio, muscle moving

**INSTRUCTOR: MARGARET SOARES**



## LINE DANCE—Tuesday

Combines low, moderate & high energy dance routines & will help burn calories at the same time! **INSTRUCTOR: DONNA CARTER**

## PILATES (on mat) - Thursday

Each Class will work to balance all muscle groups, strength & flexibility.

**INSTRUCTOR: KAREN MATTE**

## STRENGTH TRAINING—Wednesday

Builds endurance and develops coordination and balance. Aerobics to warm up muscles, stretching, strength training using balls, bands & weights, Core, Leg exercise, Balance & Brain

**INSTRUCTOR: CHARLENE CONNOR**

## TAI CHI—Thursday

Tai chi, short for T'ai chi ch'üan, is an internal Chinese martial art practiced for both its defense training and its health benefits.

**INSTRUCTOR: KELLY BROPHY**

## TONING WITH CHAIR—Monday

Overall toning of Core, Abs, Buttocks & Walking (Overall Toning)

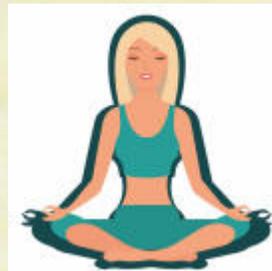
**Instructor Margaret Soares**



## Quote of the Month

from Senior Center Yoga Instructor  
Karen Matte

Train your mind to see the good in everything. Positivity is a choice. The happiness of your life depends on the quality of your thoughts.



## WATER AEROBICS—Tues. & Thurs.

Water aerobics is taught in the water performing strength exercises & using resistance, balance and flexibility **INSTRUCTOR: TUES. JOANN BOYER & THURS. PAT D. OR JOANN**

## YOGA—MAT & CHAIR

Monday,/Weds/Thurs

Senior mat yoga is perfect for seniors who are still able to move fairly well (getting up and down from the floor). Guided meditation and relaxation. Chair Yoga you will perform a variety of seated & standing postures—increase flexibility, balance and range of movement. Restorative breathing exercises & final relaxation

**INSTRUCTOR: KAREN MATTE**



## ZUMBA GOLD—Mon. & Thurs.

The class introduces choreography that focuses on balance, range of motion and coordination. **Zumba in the Circuit** maximizes your workout by mixing strength-training with cardio and dance.

Takes place amidst strength-training machines. **INSTRUCTOR: KELLY BROPHY**



# HEALTH & FITNESS

**Note: All Exercise Classes are Free with Senior Center Membership**

## Free Blood Pressure Check

**Blood pressure** is important because the higher your **blood pressure** is, the higher your risk of health problems in the future. If your **blood pressure** is high, it is putting extra strain on your arteries & on your heart. This may also cause a heart attack or stroke.

### Complimentary Blood Pressure Clinics :

#### 1st Friday of the Month—10:30am-11:00am

Sponsored by **GRANDVIEW CENTER**

100 Chambers Street, Cumberland RI

[www.genesishcc.com](http://www.genesishcc.com)

#### 3rd Friday of the Month—10:30am-11:00am

Sponsored by **Oakland Grove**

560 Cumberland Hill Road , Woonsocket, RI

[admissions@oaklandgrovehcc.com](mailto:admissions@oaklandgrovehcc.com)

#### Last Wednesday of the Month 9:30am-10:30am

Sponsored by **HERITAGE HILL NURSE CTR**

80 Douglas Pike, Smithfield RI

[www.admissions.hh@hcltdri.com](http://www.admissions.hh@hcltdri.com)



## WEEKLY EXERCISE CLASS SCHEDULE

### MONDAY

8:00am-4:00pm Pool Room Open All Day

8:00am-11:00am—Busy Fingers (Knitting & Crochet)

9:00am-10:00am— Mat Yoga

10:00am-11:00am—Chair Yoga

11:00am-12:00am—Zumba in the Circuit Gold

11:30am-12:30pm—Meal site (\$3.00)

12:30pm-3:00pm—Hi Lo Jack League

**12:00pm-1:00pm Toning with Chair\*\*NEW TIME\*\***

### TUESDAY

8:00am-4:00pm Pool Room Open All Day

9:00am-10:00am—Line Dance

10:00am-11:00am—Body & Brain Fitness

10:00am-11:00am—Water Aerobics (Boys Club)

11:30am-12:30pm—Meal site (\$3.00)

12:45-3:00pm—Watercolor Class w/ Jerry A

12:30pm-3:00pm Hi Lo Jack League

### WEDNESDAY

8:00am-4:00pm Pool Room Open All Day

9:00am-10:00am— Mat Yoga (Karen M.)

10:00am-11:00am—Chair Yoga (Karen M.)

11:30am-12:30pm—Meal site (\$3.00)

12:30pm—Movies/Popcorn

1:00pm-2:00pm—Strength Training (Charlene)

### THURSDAY

8:00am-4:00pm Pool Room Open All Day

9:00am-10:00am—Pilates & Gentle Stretch

10:00am-11:00am—Chair Yoga w/meditation

10:00am-11:00am —Water Aerobics (Boys Club)

11:00am-12:00pm—Zumba Gold

**12:00pm-12:45pm —TAI CHI (\*\*45 Min Class)**

### FRIDAY

8:00am-4:00pm Pool Room Open All Day

10:00am-11:00am—Body & Brain Fitness

11:30am-12:30pm—Meal site (\$3.00)

12:45—Bingo



# DAY TRIPS & TRANSPORTATION

## DAY TRIPS

### **99 Restaurant**

Date: **Wednesday, March 4**

Time: **Van leaves at 12:00pm**

(Lunch on your own)

### **Cracker Barrel—Wrentham**

Date: **Wednesday, March 18**

Time: **Van leaves at 10:45am**

### **IGGY'S Boardwalk—Warwick**

Date: **Wednesday, March 25**

Time: **Van leaves at 10:30am**

(Lunch on your own)



## TRANSPORTATION

### Cumberland Transportation Services

The Senior Center provides Transportation to and from the Senior Center at no charge. Also provides weekly market trips and once per month Walmart Trip

Please call **Driver Brian Hart 401-334-2555 Ext 104**

### State Transportation Services

**MTM is the State of Rhode Island's non-emergency medical transportation manager. MTM Arranges Rides for eligible Rhode Island Residents Call MTM a**

**1-855-330-9131** For: Non-Emergency medical appointments in Town or out of Town medical

appointments, therapy, cancer treatments, kidney dialysis, adult day care, physical therapy & meal site lunch. Who: 60+ or individuals with disabilities who meet certain

**Fee: \$2 per trip/\$4 round trip.**—Two business days prior to appointment to secure ride.

### Transportation in Winter Months

Don't want to drive in the Rain and Snow? Winter months can be difficult to get out of the house

**LET THE SENIOR VAN PICK YOU UP!** If you are a member of the Cumberland Senior Center and live in Cumberland we can give you a ride from your house to the Senior Center and Back home. We will get you to the exercise class, league or party you want to attend. If you have questions, Please call our Sr. Van Driver Brian @ 401-334-2555 ext 104

## MONTHLY BINGO BUS TRIP

Location **FOXWOODS CASINO**

Date: **Last Tuesday of every month**

Cost: **\$6.00** prepaid by the Friday before trip

Time: **Be at the Bus by 7:15am**—Bus

Departure time is 7:30am

(Bus picks up & drops off in the **Hayden Center parking lot**- side of the Cumberland Library)

Sign up sheet is in the Senior Center Reception Office. **FREE** Bingo package for your Birthday Month.

If you have questions: Contact: **Sally Peru 400-9400**

**NEXT TRIP IS TUESDAY, March 31**

# SOCIAL SERVICE & COMPUTER

## **SNAP**—Supplemental Nutrition Assistance Program

SNAP is the nation's largest program for fighting domestic hunger. Federally funded and state administered, SNAP helps low-income individuals and families by providing monthly benefits to buy food. Eligibility and benefit amounts are based on income, expenses, resources, and the number of individuals in a household. Nutrition assistance is provided to low-income individuals and families in the form of an EBT card which may be used to buy food at grocery stores, supermarkets, convenience stores, and farmers markets. Call 1-800-745-657 for more info

Snap will be at the Cumberland Sr Ctr on:

**Friday March 26@ 10:30am & Fri. Sept. 18**

## **HEATING ASSISTANCE**

The Heating Assistance Program is run through Community Action Program—**BVCAP**

(**Blackstone Valley Community Action**

**Program**) Direct Line **401-723-0227** NOTE: If Applying for 1st time—call BVCAP for appointment

## **FREE LEGAL INFORMATION**

**RI LEGAL SERVICES**—56 PINE St, Prov RI 401-274-2652 OR

1-800-662-5034

**RI BAR ASSOCIATION** —41 Sharpe Drive, Cranston

RI— Offers FREE 20 Minute Consultations for Senior Citizens Call 401-521-5040—Lisa/Elisa

ELDER LAW PROGRAM

**RI DIV. OF ELDERLY AFFAIRS**

(Protective Services—401-462-0555)

**RI DEPT. OF ATTORNEY GENERAL ( ELDER DIV)**

401-274-4400 EXT 2383

**ALLIANCE FOR BETTER LONG-TERM CARE**

401-785-3340

## **MEDICARE**—If you have questions and/or

want help with plan choices or any other Medicare/Medicaid

Questions contact your local State Health Insurance Program (SHIP) or SPEAK WITH A MEDICARE SHIP COUNSELOR at the Cumberland Senior Center Appointments can be made with SHIP Counselor **GUY BOULAY**

**Fridays (9am-12pm)**

call 401-334-2555—Call for Appointment

## **VETERANS AFFAIRS**

If you would like to find out if you are **eligible for any VA BENEFITS**, Stop by the Senior Center the **1st Wednesday of the Month (9:00am-12:00pm)** - Please Bring any Military Documents \*\*Special Note; Spouses of Military Veterans should inquire what benefits you may be entitled **THIS IS A FREE SERVICE TO**

**VETERANS & SPOUSES**

Tom Yuppa—Disabled American Veterans (DAV) Chapter Service Officer

**Next Clinic Weds. March 4—9:00am**

## **HOUSING—DOWNSIZING? TO SUBSIDIZED**

**HOUSING?** Can I keep the profits of my House?

Call Legal Services FREE for Seniors Citizens 401-274-2685 ext. 133— If you are a Cumberland Resident, you can call the Cumberland Housing Authority 573 Mendon Road 401-334-2678—

**Senior Housing in Cumberland**

**(Income Requirements)**

Cumberland Manor—401-724-8590

Chimney Hill Apts—401-333-0211

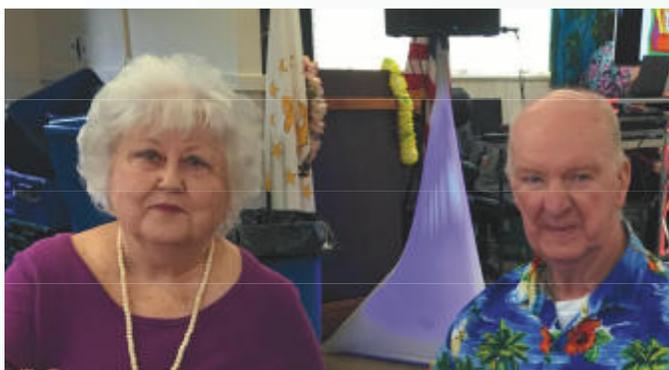
Riverside Village—401-334-2802

Bear Hill Village—401-333-0030

Waterfall Estates—401-640-1305

Jenks Woods Apts.—334-2802

## MEREDITH'S CORNER ~ MEMBER OF THE MONTH



### DORIS AND RALPH SWORD

The beautiful foil-wrapped gift baskets displayed and raffled off at Senior Center functions are donated by the Swords. They also donate baskets to two other Senior Centers and to soup kitchens, contributions they have continued for the past twenty-six years. She told

me, "We believe in the dignity of all human beings and in the responsibility of giving back to your community."

Doris is a registered nurse. Combining her three skills, teaching, administration, and nursing, she taught nursing students at the St. Joseph's School of Nursing and, for twenty-six years, served as the nurse manager of the University of Rhode Island Health Services.

Ralph was a metals assayer, analyzing metals at processing centers and separating the different kinds of metals, the various metals were then sold to metallurgical companies.

They have two sons, Peter and Mark, and one grandson, Nicholas. Peter is the Arson Inspector for Providence; along with his trained dog Wizard, he is sent in after a fire has been put out to investigate and determine the cause.

The Swords have traveled widely in both the United States and Europe, but her favorite place is England. She loves reading history, historical novels, and mysteries set in England, and visiting the sites she has read about. During two of her four trips to England, she enrolled in a month long study program, sponsored by the University of Rhode Island and taught by professors at the University of Bath in England; the students learned about the history of the country and visited many of the historical sites taught in the program.

The Swords have just returned from one of their favorite places, a bus trip and vacation at a hi-rise resort on the Atlantic Ocean in Daytona Beach, Florida.

Here is a picture of one of the many Beautiful Baskets The Swords have donated to the Senior Center. Thank you Doris & Ralph!



### MARCH FUN FACTS AND TIDBITS

Ah, March, in like a lion, out like a lamb, or so the saying goes. That's not the only saying attributed to the moody month. For the Northern Hemisphere, March ushers in spring. That was even true back in the days of the Julian calendar when there were only 10 months and March started off the year. Sayings such as "A bushel of March dust is worth a King's ransom," and "March many weathers," remind us of the swiftly changing and windy weather March brings.

## LUNCH CAFÉ

Cumberland Senior Center provides nutritional meals in a community-dining room setting.

**Lunch is served Monday through Friday**

**11:30am**—Available to individuals who are at least 55 yrs. old, as well as, persons with disabilities under 55 yr old. **Suggested donation of \$3.00.**

Lunch Reservations may be made by contacting

**Tyler, Food Direct at 401-334-2555**

**(Lunch must be ordered 2 days in advance)**

## GET SOCIAL

### FREE MONTHLY BREAKFAST

**SPONSORED BY LANDMARK HOSPITAL**

**MONDAY MARCH 30-9AM**

**FOLLOWED BY MINI BINGO**

**( BINGO STARTS APPROX. 10AM)**

**TICKETS AVAILABLE AT FRONT RECEPTION**

### AFTER LUNCH CARD GAMES--12:15PM START

**\*\*Kings in the Corner & Golf\*\***

Bring \$1.00 Per game for Golf

Brings \$ .25 per game for Kings

**When: Thursday March 5**

(Immediately Follow Lunch)

**\*\*\*\*\*Special Raffles**

### NUTRITIONAL LUNCH &

### FARM FRESH DEMONSTRATION

Location: Cumberland Sr. Center

When: **Thursday March 19**

Time: **11:30am—\$3.00 (see Tyler)**

**Farm Fresh Cooking Demo**

**Immediately follows Lunch**



### ST PATRICK'S DAY LUNCH

When: **Thursday March 12**

**11:30am \$10 per person**

Lunch: Pot Roast Dinner

Music by: Ken Morracco

Lunch: BINGO BONANZA LUNCH

When: **Friday March 20, 2020**

Time: **11:30am—\$5.00**

Lunch: Fish Sandwich & Dessert

**Dessert: Mount St Rita Cookies**

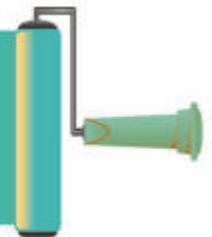


### PORK LOIN LUNCH & GAMES WITH RITCHIE RICH

When: **Thursday March 26**

Time: **11:30am—\$4.00 (+ URI Snap will have table 10:30)**

SUPPORT THE **ADVERTISERS**  
THAT SUPPORT OUR COMMUNITY



**THANK YOU**  
to all of our sponsors!

**AAA**—2000 Mendon Rd, Cumberland RI 401-333-9500 **Phillis Patricio**, Sales Director

**Blue Cross Blue Shield of Rhode Island**—500 Exchange Street -Providence, RI 02903 **Zoila Ramos-Albizu**, Assoc Consumer Engagement & Consumer Experience and Engage Sales 401-459-5090 Office ~ 401-919-3711

**Chapel Hill CUMBERLAND**—10 Old Diamond Hill Road Cumberland, RI 02864— 401-333-3393 –chpl.lec@meridiansenior.com—**Laura Cardoso** Life Enrichment Coordinator

**Grandview Center (Nursing Home) -** 100 Chambers Street Cumberland, RI 02864 401-724-7500 www.geneshihcc.com **Kristina Waters** Director of Admissions

**Heritage Hills Nursing Center**—80 Douglas Pike, Smithfield, RI 02917—401-231-2700 www.admissions.hh@hcltdri.com—**Jenney Couture** Admissions

**JJ Duffy Funeral Home -** 757 Mendon Rd., Cumberland RI—401-334-2300 www.jjduffyfuneralhome.com - **Brian Bernado**

**Landmark Medical Center & Rehab Hospital**—115 Cass Avenue, Woonsocket, RI 02895 401-769-4100 Volunteer Service Coordinator—**Carolyn Dery & Carolyn Kyle**, Director

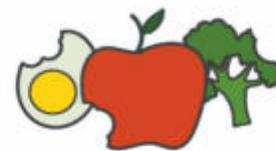
**Mount St. Rita Health Center(Mercy Rehab) -** 15 Sumner Brown Road, Cumberland RI 401-333-6352 ext. 124 **Maryellen Gillis**, Director of Admissions and Business Development Cell: (508) 733-2878, Fax: (401) 334-4274, Email: [mgillis@mountstrita.org](mailto:mgillis@mountstrita.org)

**OAKLAND GROVE—Health Care Center**—560 Cumberland Hill Road Woonsocket, RI 401-769-0800 **Aubrey Olney** P.R. [admissions@oaklandgrovehcc.com](mailto:admissions@oaklandgrovehcc.com)

**O'Neill Funeral Home**— 3102 Mendon Road Cumberland, RI 02864—Phone: 401-658-1155-www.rifuneral.com—**John O'Neill Funeral Director**

**St. Antoine**— 10 Rhodes Avenue, North Smithfield RI 02896—**Mary Ann Marin** Mkt. Manager 401-767-3500 [www.stantoine.net](http://www.stantoine.net)

**EAT RIGHT**



**BITE BY BITE**

National Nutrition Month®  
March 2020

**eat right** Academy of Nutrition  
and Dietetics

**Pictures from Valentine's Day  
Lunch 2020**



## IMPORTANT PHONE NUMBERS

### Important Phone Numbers

**Cumberland Senior Center**

401-334-2555

**Cumberland Police Station**

401-333-2500

**Cumberland Town Hall**

401-728-2400

**The Point - 401-462-4444**

**Dept. of Elderly Affairs**

401-462-3000

**Cumberland Housing Authority**

401-334-2786

## IN RHODE ISLAND

If a Senior is **NOT SAFE** at home call: Dept. of Elderly Affairs @ 401-462-0555 or 462-3000

For **Neglect or Abuse** in a facility call: Dept. of Health Facilities Regulation @ 401-222-5200

**RI Attorney General**—Patient Abuse or Neglect, Medicaid Fraud & Drug Diversion Unit: 401-222-2566 or 274-4400 x2269

**RI Long Term Care** Ombudsman:  
401-785-3340

**In Massachusetts**—Statewide Elder Abuse Hotline:  
1-800-922-2275

## RIPTA SENIOR & DISABLED BUS PASS



Need a BUS PASS? RIPTA 1 Kennedy Plaza, Providence RI Call 401-784-9500 Anyone interested in getting their Senior or Disabled Bus Pass (as long as they have correct documentation) they will be able to receive a BUS PASS

## MISCELLANEOUS

### SPECIAL MESSAGE FROM OUR

### DIRECTOR MIKE CRAWLEY

The Senior Center has a new Senior Van!!!! It is a 26 passenger!! We are super excited for all of the Senior Citizens that ride the bus on a daily basis & Day Trips. It has very comfortable seating as well as extra heat and air conditioning vents. Thank you Mayor Mutter for your hard work on getting this bus for our Seniors!

Important information regarding Senior Center closing and delayed openings, due to inclement weather. The decision to close or delay opening at the Senior Center is made by myself, in consultation with the Police Dept & Dept of Public Works. Safety is our primary consideration when making a determination on whether to open or close the Senior Center during challenging weather situations. Please understand that these very difficult decisions are made based on a number of factors including weather forecasts, as well as street, sidewalk, and parking lot conditions. Safety to the Senior Citizens is always our main priority. Please Call the Senior Center @ 334-2555 on Inclement weather days for closing or delayed start information. If the Cumberland Schools are closed, the Senior Center is Closed.

## CUMBERLAND RECREATION ANNOUNCES THE 2020 DAY TRIPS WITH CONWAY TOURS! FOR MORE INFORMATION CONTACT

**ARLENE NUNN @ 334-9996**

APRIL 29 COVERED BRIDGES TOUR \$86.00PP

MAY 13 KING ARTHUR FLOUR TOUR \$111.00PP

JUNE 8 CASTLE IN THE CLOUDS \$120.00PP

JULY 28 FRESIANS OF MAJESTY \$130.00PP

AUGUST 6 RAIL & SAID \$110.00PP

SEPTEMBER 27 WINNIPESAUKEE RAILROAD \$105.00PP

OCTOBER 3 SOUTHERN VERMONT FOLIAGE \$96.00PP



April 2020

Thursday April 16—Spring Luau

Thursday April 23— Volunteer Appreciation

# St. Patrick's Day Word Search

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

CELEBRATION  
DRINK  
FOUR LEAF CLOVER  
GREEN  
HOLIDAY  
IRELAND

IRISH  
LEPRECHAUN  
MARCH  
PARTY  
SAINT PATRICK  
SHAMROCK

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# MARCH 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8:30am Busy Fingers  12:30pm—Hi Lo Jack	3 1230 Watercolor Class  12:30 Hi Lo Jack	4 9AM—Volunteer Advisory Meet  10:30am—Conversation Café	5 11:30—After Lunch Card Games	6 BP SCREEN 10:30 (Grandview)  BINGO 12:45	7
8	9 8:30am Busy Fingers  12:30pm—Hi Lo Jack	10 1230 Watercolor Class  12:30 Hi Lo Jack	11	12 11:30 St. Pat Lunch—\$10 Music: Ken M. Pat Swim	13 BINGO 12:45	14
15	16 8:30am Busy Fingers  12:30pm—Hi Lo Jack	17 1230 Watercolor Class  12:30 Hi Lo Jack	18 Day Trip Cracker Barrell Van leaves at 10:45am	19 11:30 –Lunch and Farm Fresh	20 BP SCREEN 10:30 (Oakland Gr) BINGO BONANZA Fish Sand \$5	**Caption Call will be here Friday March 20 @ 10:00am
22	23 8:30am Busy Fingers 12:30pm—Hi Lo Jack	24 1230 Watercolor Class  12:30 Hi Lo Jack	25—Day Trip Iggys—Warwick Van leaves at 10:30am BP SCREEN 9:30—Heritage Hill	26 LUNCH & GAMES WITH RITCHIE RICH PORK LOIN \$4 *URI SNAP 10:30	27 After Lunch Ice Cream Social Next monitor  BINGO 12:45	28
29	30 9am—FREE Breakfast LANDMARK WITH PODIATRIST 8:30am Busy Fingers	31 FOXWOODS  1230 Watercolor Class				