Leon A. Mathieu Senior Center
420 Main Street Pawtucket, RI 02860

May/June 2017

MAY CELBRATION OF OLDER AMERICANS MONTH

Since 1963, when President Kennedy first designated May as Older Americans Month, this month was set aside as a time to celebrate the many contributions older adults have made in their communities across the Country. The Older Americans Month theme for this year announced by the Administration for Community Living is “Age Out Loud”. The Leon Mathieu Senior Center encourages you to join in this national celebration of positive, active aging. The 2017 Older Americans Month theme shines a light on how older adults in our community are reshaping aging by taking charge of their health, seeking out resources to remain living independently in the community, exploring and engaging in a variety of interests, and giving back to their communities through volunteerism. I invite you to be part of the healthy aging movement at the Leon Mathieu Senior Center. Happy Older Americans Month!

Mary Lou Moran, Director

MAY CELEBRATION OF OLDER AMERICANS MONTH

National Institute of Senior Centers

The mission of the Leon 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.

DONALD R. GREBIEN
MAYOR

MARY LOU MORAN
DIRECTOR

MAY CELEBRATION OF OLDER AMERICANS MONTH

Nancy Connor as the Easter Bunny

Members of the Senior Center advocating for senior issues at the Senior Agenda Coalition Legislative Forum

Leon Mathieu Senior Center

Nancy Connor

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The Programs and services offered at the Leon Mathieu Senior Center are funded in part by the City of Pawtucket, Community Development Block Grant, RI Department of Human Services - Division of Elderly Affairs, RI Designated Grant, U.S. Administration for Community Living, donations and memberships. Thank you to all our donors!

Leon Mathieu Senior Center’s Annual 90+ Birthday Celebration

On MAY 19th at 12:30 pm the Leon Mathieu Senior Center will host their annual 90+ birthday celebration. This celebration pays special tribute to all Pawtucket seniors who are 90 years of age or older. If you know of anyone who is 90 or older and is a past or present Pawtucket resident, please contact Melissa Cabral, Program Coordinator at 728-7582 as soon as possible. Please have their name, address and phone number so we may contact them or their family. All are invited and encouraged to attend!

SCRAPBOOKING CRAFT CLASS

TUESDAYS: MAY 2nd, MAY 30th, JUNE 6th, and JUNE 27th 12:30 TO 2 PM

Come and learn about the many different uses of the art of scrapbooking. The Class is led by Christine Hands. A list of class supplies is available. No prior experience is required. The class will be held the first and last Tuesday of each month. Sign-up at the 2nd Floor Offices.

GOLDEN AGERS BOOK CLUB

The Book Club is scheduled to meet on: Thursday, MAY 25th & Thursday, JUNE 29th from 12p.m.-1p.m.

New members are always welcome. Members will be reading “Just Mercy” by Bryan Stevenson which is part of the Reading Across Rhode Island Program. The Book Club is run by Paula Bradley. Thank you Paula for your time!
HAIRDRESSING SERVICE  Every Wednesday  8:30 - 11:30 am on the 2nd Floor with Julie Silva

Services Include:
- Men’s Wash + Cut $10
- Women’s Wash + Cut $12
- Women’s Wash + Set $12
- Women’s Wash + Cut + Blow Dry Style $18
- Women’s Wash + Cut + Set $24

Perms & colorings are not available.
Appointments are required.
Please call 728-7582
or visit the 2nd Floor office.
Payment is cash only.

THE PAWTUCKET SENIOR CITIZENS COUNCIL (PSCC)

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

SEWING & ALTERATIONS

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.

Our seamstress, Zinaida Vygoder, is here on Tuesday afternoons from 1-3pm on the 2nd floor to provide a variety of sewing needs. Fees collected help support Senior Center activities. You may drop off 2 items at a time and alterations cannot be done on coats and formal outfits as our sewing machine cannot handle those items. Please note that all items must be in clean condition when dropped off.

Thank you Zina for volunteering your time!

Alzheimer’s Caregivers’ Support Group
The Alzheimer’s Caregivers’ Support Group will take place every third Thursday of each month from 10:00 to 11:30 am. This discussion group will be held by Nicole Vadnais, elderly liaison for Gateway Healthcare Inc. Come share ideas and thoughts with others who are experiencing the same situations. Gather useful information about programs and services that are available. For more information and to register call the Senior Center at 728-7582.

Meeting Dates:
May 18th & June 15th

Veteran Benefit Information

Make a one-on-one appointment with Jack Ryan, Veteran Service Representative from the Department of Veteran Affairs to learn about the many VA benefits available to veterans and their spouses and/or dependents. Appointments are confidential and can be made by visiting the Center’s 2nd floor office or by calling 728-7582.
Next dates are Thursday, MAY 4th & Thursday, JUNE 1st.

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**DIABETES SELF MANAGEMENT**

**FREE 6 Week Self-Care Classes**
Thursdays, May 4th to May 11th
from 12 noon to 2:30 pm

Learn how to manage your diabetes, create an action plan, problem solve, deal with stress, select healthy choices, when to contact the doctor and more. **If interested, sign up at the second floor desk.** (Part of the Health Equity Zone Initiative)

**FREE BLOOD PRESSURE SCREENINGS**
✓ 1st Monday of each month with Bayada Home Health Care from 10-11 am
✓ U.R.I. College of Pharmacy Friday June 16th from 10:30 to 11:30 am

**ANNUAL FLAG DAY CELEBRATION**
Wednesday, June 14th at 12:30 pm with The Gatchell Auxiliary Flag Ceremony.

**People are encouraged to wear their service uniform if they have one, or wear something patriotic (red, white & blue).**

**URI SNAP EDUCATION WILL BE PRESENTING**
**“HEALTHY LIVING”**
**THIS NUTRITION SERIES WILL BE HELD AT THE 3RD FLOOR CAFÉ FOLLOWING LUNCH ON MAY 16TH AND JUNE 13TH FROM 12:30-1:30 PM.**

**NUTRITION CORNER**

Blackstone Health Café at the Leon Mathieu Senior Center provides nutritional meals, in a community-dining room setting. Lunch is served Monday through Friday at 11:30am, and Breakfast is served every Wednesday & Friday from 8:30-9:30am.

Participation in the congregate program is available to individuals who are at least sixty (60) years of age and their spouse, as well as, persons with disability under sixty (60) 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 an opportunity for members to socialize with neighbors from within their own community and to have the opportunity to share common interests and life experiences. To quote one Blackstone Café member, “Their favorite part of mealtime is sharing good laughs over a good meal!”

Meal Reservations may be made by contacting the front desk of the Dining room at 401-728-5480 one day in advance (one week in advance for holidays). Transportation can also be arranged at the front desk. Volunteers are always welcome at the Dining area and if interested please contact our front desk and ask to speak with Timothy Sandy, Blackstone Café Coordinator.

**Funded in part by the U.S. Administration on Aging and State Funds through the Rhode Island Division of Elderly Affairs**
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**MAY 2017**

**memorial DAY**

No Activities, Senior Shuttle, or Blackstone Café.
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<td><strong>1:00 Watercolor Painting</strong></td>
<td><strong>1:00 Seamstress Services</strong></td>
<td><strong>5 pm Yoga for Seniors at</strong></td>
<td><strong>Restrictions Apply</strong></td>
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</tr>
<tr>
<td><strong>9:00 Knitting</strong></td>
<td><strong>9:00 Needlepoint</strong></td>
<td><strong>9:30 Salsacise</strong></td>
<td><strong>9:30 Breakfast at the Café</strong></td>
<td><strong>8:30 Breakfast at the Café</strong></td>
</tr>
<tr>
<td><strong>9:30 Muscle Strength &amp; Toning</strong></td>
<td><strong>9:30 Yoga for Seniors at Shri</strong></td>
<td><strong>9:00 Therapeutic Coloring</strong></td>
<td><strong>9:00 Therapeutic Coloring</strong></td>
<td><strong>9:00 Stretch Exercise</strong></td>
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<tr>
<td><strong>11:00 Lunch $3 Suggested Donation</strong></td>
<td><strong>9:30 Line Dancing</strong></td>
<td><strong>10:30 Shopping Trip to</strong></td>
<td><strong>10:30 Shopping Trip to</strong></td>
<td><strong>10:00 Stretch Exercise</strong></td>
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<tr>
<td><strong>12:30 Healthy Living-Cafe</strong></td>
<td><strong>10:45 DMV Trip</strong></td>
<td><strong>Warwick Mall</strong></td>
<td><strong>11:30 Lunch $3 Suggested</strong></td>
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<tr>
<td><strong>12:30 Non-Impact Aerobics</strong></td>
<td><strong>11:30 Lunch $3 Suggested</strong></td>
<td><strong>Tai Chi Class $10 Every</strong></td>
<td><strong>12:15 Movie</strong></td>
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<td><strong>12:30 Non-Impact Aerobics</strong></td>
<td><strong>8 Weeks</strong></td>
<td><strong>12:15 Cards &amp; Board Games</strong></td>
<td><strong>12:15 Penny BINGO</strong></td>
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<td><strong>12:30 Non-Impact Aerobics</strong></td>
<td><strong>1:00 Seamstress Services</strong></td>
<td><strong>$10 Every 8 Weeks</strong></td>
<td><strong>12:30 Flag Day Ceremony</strong></td>
<td><strong>12:30 RIPTA $5 Fare Pass</strong></td>
</tr>
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</tbody>
</table>
**SOCIAL SERVICES CORNER:**

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

The Senior Center’s Community Information Specialist and Case Worker, Joan Newton, is available to meet with you one-on-one to provide information, assistance, and options available to you. Topics include, but are not limited to:

- Health & Prescription
- Benefits Check-Up
- Housing Options
- Heating Assistance
- Retirement Planning
- Medicare Savings Program
- Medicare/Medical Assistance
- Identity Theft

- Home and Community Care Options
- SNAP Program (formally the Food Stamp Program)
- Living Wills and Durable Power of Attorney for Health Care
- Low-Income Subsidy Assistance for Prescriptions
- Eligibility Screening for Federal, State, and Local programs
- Health Care Fraud Protection

**To schedule an appointment contact the Senior Center at 728-7582 Monday-Friday between 8:30 a.m. and 4:00 p.m.**

<table>
<thead>
<tr>
<th>PARKINSON’S DISEASE SUPPORT GROUP</th>
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</thead>
<tbody>
<tr>
<td>The American Parkinson’s Disease Association leads a monthly support group at the Senior Center. The group is led by volunteer Bernice Belt and is held in the 1st floor Garden Room. The next meetings will be held on Thursday, MAY 11th and Thursday, JUNE 8th will be a luncheon meeting from 1:00 pm to 2:15 pm.</td>
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</tbody>
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<tr>
<th>ALZHEIMER’S ALERT PROGRAM</th>
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<tbody>
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<td>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.</td>
</tr>
</tbody>
</table>

**DAWN GOFF WILL BE BRINGING IN HER LICENSED THERAPY DOGS “TINKER BELL” (A BICHON) AND “WENDY” (A POOCHON)**

**MONDAY MAY 8, 22, JUNE 5 & 19, 2017 AT 10:30 AM**

Leon Mathieu Senior Center has a Facebook Page.

We will be updating it with new postings periodically. If you have internet service please like our page at Leon Mathieu Senior Center.
PODIATRY CLINIC
with
Dr. Mark Kuhar

The next podiatry clinic will be held on

**Tuesday, MAY 23rd 2017**
from 10:00am to 12:00pm. An appointment is necessary.

Please visit the 2nd floor office to schedule an appointment. Bring your insurance card(s) and a valid ID/License with you.

**THE THERAPEUTIC MASSAGE**
Victoria Tavares (LIC #02060), and Kathi Healey (LIC #02159), licensed and certified Therapeutic Massage Therapists, will be available on the last Monday of each month from 10:30 am to 1:00 pm for free chair massages. Appointments are required and can be made at the Center’s 2nd floor office or by calling 728-7582. This is a FREE Service. Due to Memorial Day, there is no massage therapy in May. Be sure to visit them at the Health Fair. Limited number of appointment times are available.

Next date is **MONDAY, JUNE 26th**

THANK YOU VICTORIA AND KATHI FOR VOLUNTEERING YOUR TIME!

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**PARTNERSHIP WITH BROWN UNIVERSITY**

**WARREN ALPERT SCHOOL OF MEDICINE & LMSC**

For ten years, Brown Medical students have visited the Senior Center under the supervision of Dr. David Anthony, Assistant Professor of Family Medicine at Brown University. The students benefit from being able to practice doing a geriatric assessment and seniors benefit from being able to help shape future doctors. If you are interested in volunteering for this program see the Senior Center Staff. Next session will be on May 24th. If you are interested in volunteering, please see Melissa on the 2nd Floor.

**BUS PASSES**

RIPTA bus passes will be issued at the Leon Mathieu Senior Center on **Friday, MAY 19th from 11:30 am to 1pm** in the 1st floor Garden Room. Seniors (65+) and disabled adults will be charged **$10.00** for a 2 year pass.

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**LEON MATHIEU SENIOR CENTER** is distributing a limited number of free $5 Fare Cards, available on a first-come, first-served basis every Thursday From 12:30 to 2:30 p.m. on the 1st Floor.

LIMITED SUPPLY OF FARE CARDS AVAILABLE
You must present your RIPTA Senior Valid All Day Reduced Fare Bus Pass, and proof of residency. Servicing Pawtucket and Central Falls residents only.

**FREE $5 FARE CARD**

**THE MSTATE OF RHODE ISLAND DIVISION OF MOTOR VEHICLES**

The LMSC provides transportation to the Cranston DMV on MAY 16th and JUNE 20th. Shuttle departs from the Center at 10:45am. Service is limited to RI State I.D. cards only. This service is free for Pawtucket seniors & disabled adults. Contact the Center for the DMV application, documents required, and to register.

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**FRIDAY, JUNE 7TH AT 10:30 A.M.**

**THEATRE PERFORMANCE**
BY 2ND GRADE CLASS OF AGNES LITTLE SCHOOL
IN COLLABORATION WITH THE TEACHERS OF THE GAMM THEATRE.
“Crafts” Painting Flowers on Rocks
“You don’t need a green thumb to grow these bloomin’ beauties-just some ordinary acrylic paint. Step-by-step (with lots of pictures) make it fun and easy to paint your own rock tulips, daisies, petunias, daffodils and other flowers. With the help of Mike Davy, fellow member of the LMSC. They’ll brighten any corner of your home, they make great gifts-and they’re guaranteed not to wilt!”

MONDAY, MAY 15th at 11:00 a.m.
TUESDAY, MAY 16th at 11:00 a.m.
MONDAY, JUNE 12th at 11:00 a.m.
TUESDAY, JUNE 13th at 11:00 a.m.

**MAY & JUNE 2017**

**Friday, May 5th at 1:00 pm**
Travel back to the gentle and refined Victorian Age by attending a tea party with Patricia Perry of Sneak Peek Productions!

**Friday, May 12th at 12:30 pm**
Come wish Shuttle Driver, Kathy Greer, good luck at her 30+ years retirement party. + Sing KARAOKE!

**Friday, May 19th at 12:30 pm**
LMSC’s Annual 90+ Birthday Celebration. All are welcome to attend!

**Friday, May 26th at 12:30 pm**
Blue Cross Blue Shield of RI will be presenting an informational lecture entitled “Dental Hygiene”

**Friday, June 2nd at 12:30 pm**
Come celebrate “French-Canadian Day”, a French-Canadian light refreshments and French-Canadian music performed by Aubrey Atwater, a local folk musician.

**Friday, June 9th at 12:30 pm**
An hour of contemporary Inspirational Music with Mr. & Mrs. William McMillan of Park Place Church

**Friday, June 16th at 12:30 pm**
URI College of Pharmacy will be presenting an informational lecture Entitled “Deep Vein Thrombosis” + KARAOKE TO FOLLOW!

**Friday, June 23rd at 12:30 pm**
URI Master Gardeners Demo & Lecture Entitled “Veggie Gardeners for Beginners”

**Friday, June 30th at 12:30 pm**
The Better Business Bureau will be presenting an informational lecture about “Scams and Frauds”
LEON MATHIEU SENIOR CENTER...................................................... 728-7582
BLACKSTONE CAFE MEAL RESERVATIONS..................................... 728-5480
BLACKSTONE HEALTH, INC. NUTRITION.......................................... 365-1101
CITY OF PAWTUCKET SENIOR SHUTTLE........................................... 725-8220
(for Pawtucket residents only)
LOGISTICARE TRANSPORTATION..................................................... 1-855-330-9131
(to all medical appointments & meal sites)
NEW HORIZONS ADULT DAY CENTER.................................................. 727-0950
RI DIVISION OF ELDERLY AFFAIRS................................................... 462-3000
R.I.P.T.A. BUS PASS INFORMATION................................................... 784-9500
SOCIAL SECURITY ADMINISTRATION................................................ 1-866-931-7079