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The Tiverton Senior Center

207 Canonicus Street
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October 2016



**The Tiverton Senior Center will be closed on
Monday, October 10 in observance of Columbus Day.**

On Friday, October 7, **the Nutrition Program will hold another picnic at Colt State Park.** Reservations for this event must be made at the Senior Center by Wednesday, October 5, for those who are interested in attending. The cost is \$3 per person.

Lunch will not be served at the Senior Center this day.

The menu will consist of:

BBQ Chicken & Hot Dog on a Bun
Baked Beans
Buttered Corn
Tomato, Cuke, & Onion Salad
Watermelon, Lemonade

In the event of rain, the picnic will be held at the Senior Center.



Lion's Club Cook-out

The annual Lion's Club Cook-out will be held on Saturday, October 8 at the Tiverton Senior Center. The doors will open at 10 a.m. Lunch will be served promptly at 11:30.

Reservations are necessary to attend. You can reserve your place by calling 625-6790. Please RSVP by Wednesday, October 5.

URI School of Pharmacy Outreach Program

URI School of Pharmacy Outreach Program students will be here on Thursday, October 13, at 10:30 to do a program on "Autoimmune and Inflammatory Disease." Learn about auto-immune diseases such as Lupus, Sjogren's syndrome, Rheumatoid Arthritis, Ulcerative Colitis, Celiac disease, and Multiple Sclerosis. We'll discuss risk factors, signs and symptoms, diagnosis and treatment.

This program is free and open to the public.

Janice Gomes
Director

Rosalie Burton
Assistant

Office Clerk
Patty Lavoie

Pat Walker,
Joe Dobrott
SHIP Counselors

Manuel Fontes
Phillip Ferreira
Maintenance



The Visiting Nurse Services of Newport and Bristol Counties will hold a Flu Clinic at the Senior Center on Thursday, October 20 from 9:30 to 11:30.

Please bring your insurance cards with you. The Flu vaccination is covered by Medicare, Medicaid, and most private insurances. For more information, please call VNS at 682-2100.

If you are allergic to eggs or egg products, you cannot have a flu shot.

Please wear sleeveless or loose tops. Open to anyone 18 or older.



ACTIVITIES AT A GLANCE

Quilting for Charity meets every Monday at 9 a.m.

Tiverton Library Services sponsored Book Club “Words for Wisdom” Tuesday, October 18 at 10 a.m.

Exercise with Deb—Monday, Wednesday, Friday-at 9 a.m. Fee is \$3.00 per class.

Chair Yoga with Kate Ward—Monday’s at 1:30. Class fee is \$3.00 per person.

Watercolor Class with instructor Madeleine Diogenes - Tuesday at 1 p.m. Fee is \$3.00

Chorus under the direction of Starr Medeiros - Wednesday at 12:30. Class fee is \$3.00 per person

TOPS (Take Off Pounds Sensibly) every Thursday. Weigh in begins at 9:00.

Knitting for Charity meets every Thursday at 1 p.m.

Center Meeting will be held on **Thursday, October 27 at 10:30**

Flu Clinic— 3rd Thursday of month. **Thursday, October 20 at 10:30.**

Birthdays for the month are celebrated on the third Thursday.

Care Givers Support Group sponsored by Child & Family Services—2nd and 4th Mondays from 3 to 4 p.m.

**OPEN ENROLLMENT DAYS—FRIDAY, OCTOBER 28 AND FRIDAY, NOVEMBER 18, 9 TO 3.
BY APPOINTMENT ONLY.**

ALL CLASS FEES ARE DOUBLE FOR NON-MEMBERS

SENIOR HEALTH INSURANCE PROGRAM

Do you need help with your health insurance, drug plan or medical bills? Are you thinking about retiring and need information on Medicare, Supplement Plans, and/or Medicare Advantage Plans? Are you having difficulty buying food or making ends meet? If you are, or if you just have questions—Pat Walker will be at the Senior Center every Tuesday from 9 to 12 to help.

Volunteers are able to help with Medicare, educate you so that you can choose between a Supplement plan and a Medicare Advantage plan and know the difference between the two. Don't know which drug plan to choose? We can help you choose one that best fits your specific needs. We can help with RIPAE and SNAP applications. We can also address any other problems you may need assistance with. Appointments are necessary. Please call the Senior Center at 625-6790 to schedule your appointment.

BINGO dates for the month of October are:

Friday, October 7

Friday, October 14

Friday, October 21

Friday, October 28



Mahjong players meet every Friday at 11:30. They are always looking for new players to join them. Have you thought about playing? Don't know if you can do it? Why not join the group and give it a try. Call for more information or just drop in on a Friday.

CENTER MEETING will be held on Thursday, October 27 at 10:30. The purpose of this meeting is to discuss our financial status, the condition of the building and grounds, fund raising, activities, special events, and classes or activities that you would like to see at the Center.

The Senior Center needs **YOU** to keep it moving along with fresh, new ideas and new members who actively participate. We need to keep our Center membership and our meal-site participant numbers growing.



Chair Yoga with Kate Ward. Please join us on Monday afternoons at 1:30. The fee is \$3.00 for members and \$6.00 for non-members. Chair Yoga is a gentle form of yoga in which the chair becomes your mat. All poses are done sitting in a chair or standing using a chair for support. You will be guided through various yoga poses with modifications to improve your flexibility, mobility, strength, stamina and balance. Classes also include breath work and guided meditation to help you relax, rejuvenate, and restore. Kate is a certified Hatha and Restorative yoga teacher.



A Halloween Bingo will be held on Friday, October 28. Costumes are optional but prizes will be given for those who dare to wear the **Most Original, Scariest, and Funniest.**

Special Bingo prizes will be given as well as refreshments.

And best of all we

will

Halloween

try to do it all without interfering too much with your Bingo game.



TIVERTON LIBRARY SERVICES

presents "Words for Wisdom" a book club hosted by Tiverton Library Services, Adult Services/Reference Librarian Prudence Fallon. We will meet on **Tuesday, October 18 at 10 a.m.** If you are interested in joining us, please feel free to attend on the above date at the Senior Center. New members are welcome at any time. Suggestions on authors and books are gladly accepted. We meet on the 3rd Tuesday of the month. The book we will be discussing on the above date is "A Tree Grows in Brooklyn" by author Betty Smith. Opinions about the book will be shared at our next meeting.



Happy Birthday

Rita Bloom	01
Delores Ponte	03
Bernadette Adams	03
Margaret Bryan	04
Michelle Viveiros	04
Jacquie Marshall	04
Elizabeth Rocha	07
Kathie Brodeur	04
Frank Tavares	07
Natalie Petit	08
Deborah Gee	09
Mariette Bourdon	10
Greg Belisle	10
Carol Figerie	12
Ann Carlin	14
Janet Gagnon	15
Evelyn Frederick	15
Diane Witherell	17
Lucille Murphy	18
Judi Tavares	18
Richard Cabral	20
Paulette Sweeney	22
Marlene McCaffrey	23
Claudette Hall	25
Eleanor Reismann	25
Irene Berg	26
Beyla Nagy	27
Arlene Edelstein	27
June Shelton	28
Mary Ann Moquin	29
Bonnie Boldt	30

Open Enrollment for Medicare begins on October 15 and ends on December 7

Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. If they're satisfied that their current plans will meet their needs for next year and it's still being offered, they don't need to do anything.

Drug plan coverage and premiums change every year. Make sure your drugs are covered at an affordable price and that the premium has not increased to an unreasonable rate. All plans should be reviewed every year. Please make your appointments with our SHIP counselor on Tuesdays or on our **Open Enrollment days which are scheduled for Friday, October 28 from 9 to 3 and on Friday, November 18 from 9 to 3.** Please remember to bring your Medicare Card and a current list of your drugs with the dosage of each or all of your drugs in their original containers with you to your appointment. Without your Medicare Card and drug list, we cannot help you.

A Caregiver's Support...sponsored by Child & Family Elder Care

Regular meetings are held on the 2nd and 4th Monday's of every month at 3 p.m. at the Senior Center. The facilitator is Janet Grapentine, RN. This will be an opportunity to share with others, learn from others, enhance coping skills, develop informal supports and social relationships. For more information, please call Janet at 848-4119 or e-mail her with your questions at jgrapentine@childandfamilyri.com.



Meeting dates for this month are Monday, **October 3 and October 24.** This is free and open to the public. If you have a loved one, family member, friend, or a client you are caring for please feel free to join us.



United Healthcare Medicare Advantage Plan

Nick Pacheco will be here on **Wednesday, November 2** at 10:30 with information and updates on United Healthcare Medicare Complete.

BLUECHIP UPDATES

Maria Tatosian from RI BlueCross/BlueShield will be with us on **Monday, October 31 at 10:30 with BlueChip Updates.** This is a very important meeting for those of you who have BlueChip for Medicare or for those of you who are looking for information. Every year changes are made to insurance plans. It is extremely important to be aware and educated on what these changes are. Changes may effect your coverage. This is the time of year when you are allowed to change your health insurance plan effective for January 1, 2017.

The meeting is open to the public.

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This newsletter is "Funded in part by the United States Administration on Aging and state funds through the RI Division of Elderly Affairs."

FOR YOUR INFORMATION...



The Tiverton Senior Center bus is for any Tiverton resident who is 55 or older or handicapped. It is a free service that is provided by the town. Our bus goes out on a regular basis to the following locations:

Tuesday: Harbour Mall area shopping, also includes Super Walmart and Price Rite

Wednesday: Tiverton shopping includes, Rite Aid, CVS, Bank Newport, US Post Office and Seabra in Fall River

Friday: The second Friday we offer a bus trip to the Dartmouth Mall area

On all days you may be dropped at the Senior Center either before or after shopping.

Reservations are necessary. Please call 625-6790 to reserve your seat. Our bus service is for the community. We do not individualize our bus trips.

TSC Knitting & Quilting Volunteers have their work on display in the glass case in the rear corner of the dining room. Please feel free to drop by and see the lovely hand work our volunteers create. New volunteers and their talents and creativity are always welcome to join this group. They meet every Thursday from 1 to 3 p.m.

