



# Salvatore Mancini Resource & Activity Center

Two Atlantic Blvd | North Providence, RI 02911 | 401-231-0742

## Our Mission Statement

The Mission of the Salvatore Mancini Resource & Activity Center is to provide programs & services to Enhance, Enrich & Educate the elders of our community; and to act as a community resource to elders & their families.



### NEW TRANSPORTATION RUN

## “The Mancini Monitor” FEBRUARY 2012

Visit our website at

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

Find us on Facebook!

### DATES TO REMEMBER

Super Bowl Frenzy	February 1st
National Wear Red Day	February 2nd
February Birthday Celebration	February 8th
Valentine’s Day Celebration	February 14th
Presidents Day (Center Closed)	February 20th
Mardi Gras Celebration	February 21st
Advisory Board Meeting (Open)	February 24th

*Newsletter*



## LIKE OUR NEW LOOK?

Our Mancini Monitor has undergone changes for 2012. We have a new format and are hoping you will find it easy to read.



### February is.....

“Open Your Heart To Love” Month

- Birthstone:** Amethyst
- Flower:** Violet
- Colors:** Light Blue and Yellow

### Thought For February.....

“A friend is one of the nicest things you can have, and one of the best things you can be.”

By: Douglas Pagels

### NEW TRANSPORTATION RUN

SMRAC is now offering a transportation run to the RI Department of Motor Vehicles to obtain photo identification cards. These trips will take place on the second Monday of each month at 12:30 pm. The first run will be on March 12th. For more details please check our “Message from the Director” section on page 2.

### Membership Dues:

**Resident: \$12.00 | Non-Resident: \$17.00**

# Message from the Director

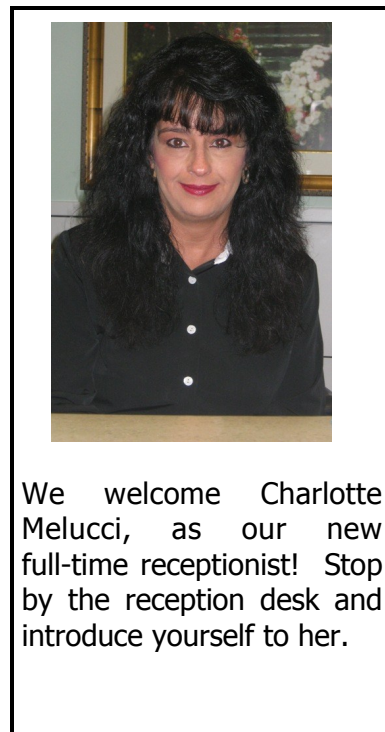
Dear Friends,

Happy Valentine's Day! Be sure to join us at our Annual Valentine's Luncheon on Tuesday, February 14<sup>th</sup> at noon. It's the perfect occasion to bring your "sweetheart" or that special someone in your life to lunch at the Center.

The American Heart Association's "National Wear Red Day" is being celebrated at the Center on February 2nd. HEART DISEASE IS THE NO. 1 KILLER of American women! At age 60 and beyond, you can still make improvements in your diet and lifestyle that can reduce your risk for heart disease. Show your support and wear red on February 2nd and plan to attend one of the many "healthy" presentations being offered this month.

We have received many requests from participants requesting transportation to the R.I. Department of Motor Vehicles to obtain a photo identification card. We will sponsor a monthly trip to the DMV on the 2<sup>nd</sup> Monday of each month, at 12:30 PM beginning March 12<sup>th</sup> for the purpose of obtaining a new, renewal or duplicate ID card ONLY. You must complete all paperwork prior to the day of your reservation. For a list of documents needed, please visit the DMV website at [www.dmv.ri.gov](http://www.dmv.ri.gov) or pickup a list at our reception desk. You must be a North Providence resident to receive this transportation courtesy.

Warmest Personal Regards,  
Karen Testa Leone



SMRAC Celebrates January Birthdays

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**Senior Center Staff:** Karen A. Testa Leone, Executive Director

Jennifer Andrade, Executive Assistant ~ Terri DiFruscio, Mealsite Manager

Linda Giorgio, Activities Director ~ Mary Ann Lilla, Nurse ~ Cheryl Lonardo, Secretary ~ Charlotte Melucci, Receptionist

Laura Mendence, Bus Driver ~ Steven Richards, Maintenance Technician

Cheryl Sadler, Social Worker ~ Mike Sechio, Finance Manager

# CENTER NEWS

## Gift Shop

Our newly remodeled Gift Shop is now open at the Center. Brand new and well stocked, our gift shop offers you great gift options for all your friends and family!

## Meal Site

Please inform our Meal Site Manager, Terri, if you have, or suspect that you may have any food allergies.

Thank you!

SMRAC Members please stop by the front desk during the month of February to have your photo taken so we may update our new computer system. Photos taken previously are not available to transfer to our new system.

## B. MACERONI & SONS

*Funeral Home Family Owned & Operated*

**\*\*Established 1927\*\***

Bernard A. Maceroni, LFD & Anthony Hamel, LFD

Fourth Generation

1381 Smith Street

North Providence, RI 02911

**353-2400**

# SAVE THE DATE!

## RIPTA BUS PASS PROGRAM

**Friday, March 2nd  
11:00 am - 2:00 pm**

Effective January 1, 2012 the fee for bus cards through RIPTA's "Bus Pass Program for Seniors and People with Disabilities" will be \$21.25. For information on how to qualify for this program, you may call 784-9500, ext. 604. RIPTA will be at our Center on March 2nd to process bus passes.

**Shingles Vaccination Clinic  
Provided by The Wellness Company  
Wednesday, March 21, 2012  
1:00 pm - 2:30 pm**

The Wellness Company will be here on March 21st to administer the shingles vaccination. The vaccination is covered, less patient deductible, by a number of Medicare Part D prescription plans, as well as by Blue Cross Blue Shield of Rhode Island. The Wellness Company encourages you to speak with your medical provider about this new vaccine. If you are interested in checking your coverage and scheduling an appointment time for this clinic, please call 401-490-0942.

## PODIATRIST

**Thursday, March 22nd  
1:30 pm - 3:00 pm**

Dr. Brian Pontarelli **will not** be at the Center during the month of February to address foot health concerns. He will be here in March. Appointments may be made with the podiatrist by calling his office at 231-0500. When making your appointment you must speak with Alice and mention that your visit will be at the Senior Health Center at SMRAC.

**"Volunteer Recognition Banquet"  
Tuesday, April 17, 2012  
6:00 pm - 8:00 pm**

All eligible volunteers are reminded to enter your hours into our touch screen computer! An invitation to the annual celebration will be mailed in March to all eligible volunteers.

**Board of Directors:** Barry Fishback, Chair ~ Joseph Cambio, Vice Chair

Anthony Gianfrancesco, Esq., Secretary ~ Norma DiLiberio, Treasurer ~ Joseph Andreozzi

Sandra Carrazzo ~ Pauline Curreri ~ James Curtis ~ Mark Welch, Esquire

# HEALTH NEWS

## Roger Williams Medical Center:

1) **Medical Appointments** are available on the following days:

**Wednesday 1:00 pm - 4:00 pm**

**Thursday 9:00 am – 11:00 am**

**Friday 9:00 am -12 noon**

Please call #231-0450 to make an appointment  
with Dr. John Stoukides.

2) **Blood Lab:**

**Every Friday 9:00 am - 12 noon**

Bring a note from your doctor and have your blood work  
done right here at the Health Center.

### **Free Blood Pressure Screenings**

**See calendar on Page 6-7  
for weekly screening schedule.**

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### **February is "American Heart" Month "Heart Disease & Women"**

**Provided by Maryann Lilla, RN**

**Thursday, February 2nd 10:30 am**

Today we kick off the American Heart Association's  
"Go Red For Women" Celebration! Heart disease kills  
more women each year than all cancers combined.  
Our nurse, Mary Ann Lilla, RN will discuss heart  
disease and what we can do to prevent it. Everyone  
will receive a RED DRESS pin! Please register with  
our receptionist for this presentation.

### **FREE Peripheral Vascular Disease Screening-LEGS**

**Provided by Our Lady of Fatima Hospital**

**Tuesday, February 7th 10:00 am**

Sheila Murphy of Our Lady of Fatima Hospital will  
provide **FREE** PVD (Peripheral Vascular Disease)  
screenings here at our senior center. Each screening  
will take approximately 10 minutes. Please register  
with our nurse, Mary Ann Lilla, RN for your  
appointment at 231-0742 X114. She is available for  
questions Tuesday-Thursday 9:00am-2:00pm.

### **Do you have a Question for our nurse Mary Ann Lilla?**

**Wednesday, February 8th  
10:00 am - 11:00 am**

Our nurse, Mary Ann Lilla, RN will be available to  
answer questions and concerns you may have. Stop  
by and say HELLO!



## **MARYANN LILLA, RN February is "American Heart" Month**

American Heart Month is a  
time to battle cardiovascular  
disease and become educated on what we  
can do to live "Heart-Healthy" lives.

### **February is "American Heart" Month "Hypertension"**

**Provided by URI Outreach Program**

**Thursday, February 9th**

**10:30 am**

The URI Pharmaceutical Outreach Program will be  
here to discuss "Hypertension"; this "Silent Killer"  
affects one in four Americans. There are more drugs  
on the market to treat hypertension than any other  
class of medications. Learn how these drugs work in  
your system and why it is so important to maintain  
good blood pressure control.

### **FREE Physical Therapy Assessment**

**Provided by Lepre Wellness Center**

**Wednesday, February 15th**

**10:30 am**

**APPOINTMENTS NECESSARY  
AND ARE LIMITED**

Kaitlyn Quigley, RPT, a physical therapist at Lepre  
Wellness Center will provide **FREE** assessments on  
how Physical Therapy can help you. Appointments  
are 15 minutes. Please register with our receptionist  
for your private appointment. If you have any  
questions, please call our nurse Mary Ann Lilla, RN.

### **Hearing Health Consultations**

**Dr. Mary Kay Uchmanowicz**

**"Twin Rivers Hearing Health"**

**Thursday, February 16th**

**9:30 am - 11:00 am**

Dr. Mary Kay Uchmanowicz is a board  
certified audiologist and college professor  
specializing in communications. She has over 25  
years in the field of audiology and hearing health.  
The following services will be provided: professional  
hearing aid analysis, hearing aid cleaning,  
consultations, minor hearing aid repair and video  
ear inspections. The screenings and consultations  
are free of charge. Appointments are not required.

## HEALTH NEWS

### **REIKI Treatment Services** **Thursday, February 16th** **10:00 am - 12 noon**

Reiki Treatment sessions are offered on the third Thursday of every month from 10:00 am to 12 noon. The cost is **\$10.00 per fifteen minute session**. You must pre-register at the receptionist desk for your 10 minute session with practitioner, Claire Carlino. Come experience this wonderful form of healing and relaxation!

### **February is "American Heart" Month** **"Heart Medications"**

**Provided by Rite Aid Pharmacy**  
**Wednesday, February 22nd**  
**10:30 am**

Join Daniel Lefkowitz, Pharmacist at Rite Aid, while he discusses heart medications. Learn how to understand your medications and how they should be taken. Remember, your healthcare provider and pharmacist are your best sources of information. Everyone is welcome to attend.

### **Making Moments Count** **Provided by Home Instead Senior Care** **Thursday, February 23rd** **10:30 am**

When we visit someone in a nursing home or private facility we want to make our visit special. Join us for this special program to educate us on the do's and don'ts for creating a positive visit with a friend or loved one at a facility, community, or hospital. This will be especially helpful for us when visiting those with memory loss.

### **How To Be An Advocate** **When Someone Is Hospitalized** **Provided by Our Lady of Fatima Hospital** **Wednesday, February 29th** **10:30 am**

Barbara Forloney, RNP, Specialist in Geriatrics at Our Lady of Fatima Hospital, will join us today to teach us ways to be a savvy consumer when someone is hospitalized. Questions, please call Mary Ann Lilla, RN at 231-0742.

## SUPPORT GROUPS

**Salvatore Mancini Resource & Activity Center support groups are open to members and non-members.**

### **In-Sight Support Group** **Wednesday, February 8th** **10:30 am - 12:00 pm**

This is a support group for persons who are visually impaired. The mission of In-Sight is to inspire confidence, build skills and empower persons who are visually impaired to become fully integrated, equal members of society by providing diverse services that produce opportunities and choices.

### **Coping with Change & Loss** **Tuesday, February 14th** **10:00 am - 11:00 am**

Join us in this free discussion group, which teaches us how to deal with bereavement, the loss of loved ones and changes in our lives. This group is led by our Social Worker, Cheryl Sadler. NO FEE.

### **Diabetes Support Group** **Provided by our nurse, Mary Ann Lilla, RN** **Tuesday, February 28th** **10:30am**

This support group meets on the last Tuesday of every month. We invite you to join our monthly meeting group. Meet other people to share experiences and gain support of others living with Diabetes in a friendly, non-threatening environment. For more information call Mary Ann Lilla, RN at 231-0742.

### **Caregivers Support Group for** **Memory Impaired Seniors** **Tuesday, February 28th** **10:30 am - 11:30 am**

Caring for a person with Dementia is a challenge. Changes in the person's behavior, caused by the progress of the disease, can lead to frustration and anxiety for a caregiver. Join us in a discussion where you can share your experiences and offer suggestions for handling specific medical, legal, behavioral, and financial problems. The group facilitator, Michelle McGuire, of Gateway Healthcare, will also provide information about services available from other sources. Refreshments will be served.

Sun	Monday	Tuesday	Wednesday
			<p><i>1</i></p> <p><b>Pokeno w/Capitol Ridge</b> 10:30AM</p> <p><b>Super Bowl Frenzy</b> 11:00AM</p>
<p><i>5</i></p>	<p><i>6</i></p> <p><b>Chair Massage</b> (by appointment only) 9:00 am</p> <p><b>"SNAP" BINGO</b> 10:30AM</p>	<p><i>7</i></p> <p><b>Vascular Disease Screening</b> 10:00AM</p> <p><b>Coventry Senior Harmonica Band</b> 10:30AM-12 noon</p>	<p><i>8</i></p> <p><b>Questions for Mary Ann Lilla, RN</b> 10:00AM- 11:00AM</p> <p><b>Sewing Sale</b> 10:00AM-2:00PM</p> <p><b>In-Sight Support Group</b> 10:30AM-12 noon</p> <p><b>Birthday Celebration</b> 11:00AM</p> <p><b>Fashions by Francine</b> 11:00AM-1:00PM &amp; 5:00PM-6:00PM</p>
<p><i>12</i></p>	<p><i>13</i></p> <p><b>Chair Massage</b> (by appointment only) 9:00 am</p> <p><b>SNAP Outreach</b> 10:00AM-12 noon</p> <p><b>Valentine Bingo</b> 10:30AM</p>	<p><i>14</i></p> <p><b>Hopkins Manor BP's</b> 10:00AM-11:30AM</p> <p><b>Coping with Change &amp; Loss</b> 10:00AM-11:00AM</p> <p><b>Sparkle &amp; Shine w/Kathy Ferrazano</b> 10:00AM-2:00PM</p> <p><b>Horse Racing</b> 10:30AM</p> <p><b>Valentine's Day Celebration</b> 12 noon - 1:30PM</p>	<p><i>15</i></p> <p><b>Physical Therapy Assessment</b> 10:30AM</p>
<p><i>19</i></p>	<p><i>20</i></p> <p><b>PRESIDENTS DAY</b></p> <p><b>CENTER CLOSED</b></p>	<p><i>21</i></p> <p><b>Cherry Hill Manor BP's</b> 9:00AM-10:30AM</p> <p><b>Mardi Gras Celebration</b> 11:00AM-12 noon</p>	<p><i>22</i></p> <p><b>New England Ambulance BP's</b> 10:00AM-12 noon</p> <p><b>Heart Medications</b> 10:30AM</p>
<p><i>26</i></p>	<p><i>27</i></p> <p><b>Chair Massage</b> (by appointment only) 9:00 am</p> <p><b>New England Ambulance BP's</b> 10:00AM-12 noon</p> <p><b>SNAP Outreach</b> 10:00AM-12 noon</p> <p><b>Red Hat Pot Luck &amp; Annual Meeting</b> 1:00PM</p>	<p><i>28</i></p> <p><b>Diabetes Support Group</b> 10:30AM</p> <p><b>Caregivers Support for Memory Impaired</b> 10:30AM-11:30AM</p>	<p><i>29</i></p> <p><b>Advocate For Someone In The Hospital</b> 10:30AM</p> <p><b>Book Club</b> 1:00PM</p>

Thursday

Friday

Sat

2

**National Wear Red Day!**  
**Heart Disease & Women**  
10:30AM

3



4

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**Breakfast Club - Cal's Corner**  
10:00AM  
**Hypertension Presentation**  
10:30AM

10



11

16

**Hearing Health Consults**  
9:30AM-11:00AM  
**The Bridge at Cherry Hill BP's**  
10:00AM-11:30AM  
**REIKI**  
10:00AM-12 noon  
**Mardi Gras Cupcake Decorating**  
10:30AM

17

**"FREE" Legal Clinic**  
1:00PM-3:00PM

18

23

**Breakfast Club - Shanna's, Lincoln**  
10:00AM  
**Making Moments Count**  
10:30AM

24

**Senior Advisory Board Meeting**  
11:00AM

25

**FEBRUARY IS**  
**"AMERICAN HEART" MONTH**

# ACTIVITIES & PRESENTATIONS & MORE

## **Super Bowl Frenzy!** **Wednesday, February 1st** **11:00 am** **PATRIOTS VS GIANTS!**

Get into the "Super Bowl" spirit! Everyone wear your favorite team shirt today! We'll have some fun playing football squares. Everyone can pick their squares beginning Wednesday, February 1st, on Monday, February 6th we will reveal the winner of the prize!



## **Pokeno** **Provided by Capitol Ridge** **Wednesday, February 1st** **10:30 am**

Our friend Steve of Capitol Ridge will be hosting an hour of Pokeno! Everyone is welcome to join us in the dining room.

## **February is "American Heart" Month** **National Wear Red Day** **Thursday, February 2nd**

The American Heart Association's "Women and Heart Disease" campaign is a call to action for women to take charge of their own health. It is about raising awareness of the magnitude of heart disease and more importantly, toward changing behavior that will promote healthier hearts. Let us all show our support by wearing red on this day to recognize the reason to educate women about cardiovascular disease and to kick off American Heart Month.

## **PLAY SNAP "BINGO"** **Provided By URI SNAP Program** **Monday, February 6th** **10:30 am**

Play Bingo and you may win a \$10.00 gift certificate to Shaw's Market! During and after the games, SNAP will provide information, answer questions, conduct short screenings, and assist those who may qualify for the **Supplemental Nutrition Assistance Program**. You do not have to be eligible for SNAP to play Bingo. Everyone is welcome to play and WIN!

## **Coventry Senior Harmonica Band** **Tuesday, February 7th 10:30 am - 12:00 Noon**

Join us for a good time with Roger Vanasse and his harmonica band. If you wish to join us for lunch afterwards, please make a reservation with Terri.

## **Sewing Sale** **Wednesday, February 8th 10:00 am - 2:00 pm** **Provided by** **The SMRAC Sewing Class**

## **February Birthday Celebration** **Entertainment Sponsored by Mariani's Funeral Home** **Birthday Cupcakes Sponsored by Pocasset Bay Manor** **Wednesday, February 8th** **Entertainment begins at 11:00 am** **Lunch Served at 12:00 Noon**

If your birthday is in the month of February, come and celebrate with a delicious lunch and live entertainment with "Cosmo and The Aristocrats". After lunch, there will be delicious birthday cupcakes courtesy of our friends at Pocasset Bay Manor. Join us for lunch, make your reservations with Terri early!

## **SNAP Outreach** **Supplemental Nutrition Assistance Program** **Monday: February 13th and February 27th** **10:00 am - 12:00 Noon**

SNAP Outreach Representatives will be here to answer questions and assist with applications for the Nutrition Assistance Program.

## **Valentine Bingo** **Provided by The Bridge at Cherry Hill** **Monday, February 13th 10:30 am**

Join us for some Valentine fun with Kathy from The Bridge at Cherry Hill. As always, this is sure to be a lively Bingo event! There will be lots of wonderful prizes. Everyone is welcome to join us for this fun-filled hour of Bingo!

## **Horse Racing!** **Provided by North Bay Manor** **Tuesday, February 14th 10:30 am**

Chelsea Colletti of North Bay Manor will be visiting us this month with an hour of FUN! Horse Racing! Come enjoy the races with North Bay Retirement Living. It is FREE to play. If your horse crosses the finish line first, you will win a prize! Join us in the dining room.

# ACTIVITIES & PRESENTATIONS & MORE

## Sparkle & Shine with Kathy Ferrazano

Tuesday, February 14th

10:00 am - 2:00 pm

Kathy Ferrazano returns for a Valentine's Day treat! She always has an extraordinary selection of first quality costume jewelry, including pins, bracelets, necklaces and earrings. Kathy has just the right item to coordinate with your everyday and special occasion ensembles! Stop in and support this mini-fundraiser.

## Valentine's Day Celebration

Tuesday, February 14th

Musical Show with LuAnn Dutra & Chris Jason

Entertainment Sponsored by Golden Crest

Nursing Centre & Dr. Michael Briere

Lunch Served at 12:00 noon

Musical Show 12:30 pm - 1:30 pm

Join us for our annual Valentine's Day Celebration with a delicious lunch followed by a delightful show with LuAnn Dutra & Chris Jason who is another upcoming "Frank Sinatra"! Mayor Lombardi will present everyone in attendance with a special "Valentine" treat. Make your reservations early with Terri! Call our meal site at 231-0742 X110. You must make a reservation with the receptionist for this event if you are **NOT** having lunch with us.

## February is "Celebration of Chocolate" Month

Decorating Mardi Gras Cupcakes

Provided by MAS Home Care of RI

Thursday, February 16th

10:30 am

**PLEASE SIGN UP AT RECEPTION DESK**

To celebrate "Chocolate Month", MAS Home Care of RI will be visiting us with delicious cupcakes. Decorating these tasty treats is just as FUN as eating them!

## "FREE" Legal Clinic

Provided by the Rhode Island

Bar Association

Friday, February 17th 1:00 pm - 3:00 pm

A "Legal Clinic" consists of 8 individual 15 minute appointments in which Attorney Frank Manni will try to answer legal questions or concerns you may have in regards to Elder Law. This clinic is absolutely **FREE** to our members but there is a limited amount of time slots, therefore, an appointment is necessary. Please be sure to make your appointment in advance with our receptionist.

## "Mardi Gras" Celebration (Fat Tuesday)

Entertainment with Dave Valerio

Tuesday, February 21st

11:00 am - 12 noon

To celebrate this festive event full of colorful beads, fun masks and craziness, we'll enjoy some authentic jazz and Cajun music with the fabulous **Dave Valerio**. Put your most **colorful shirt** on and wear your **dazzling mask and beads!** You must make a reservation with the receptionist for this event if you are **NOT** having lunch with us.

## RED HAT ANNUAL MEETING

Pot Luck Luncheon

Monday, February 27th 1:00 pm

On February 27th we have planned a pot luck gathering and meeting at SMRAC at 1:00PM. February is membership renewal month, and individual membership fees are due. Please respond to Delores Clemente, Queen Mum, at 231-4264 as to what dish you will be bringing. The Mancini Charmers wish all a Happy Valentine's Day.

## February is "Library Lover's" Month

SMRAC Book Club

Wednesday, February 29th

1:00 pm

Our Book Club will now meet on the last Wednesday of the month instead of Tuesday. Liz D'Amore from the North Providence Union Free Library assists in obtaining the books for our members. The book to be discussed is "Louisa May Alcott: The Woman Behind Little Women" by Harriet Reisen. The book to be distributed will be "The Widow's War" by Sally Gunning. Happy Reading, everyone!



# SOCIAL SERVICES

**Cheryl Sadler, BA - Social Worker**  
231-0742 Ext.104 | csadler@smrac.com

## Hearing & Speech Services

### **Adaptive Telephone Equipment Loan Program**

The Adaptive Telephone Equipment Loan Program provides telephone equipment to qualified individuals who have hearing or speech impairments or who suffer from neuromuscular damage or a disease that inhibits their ability to use a standard telephone. Equipment includes such devices as amplified phones, a TTY phone, uniphone, dialogue voice carryover phone or Cap Tel captioning.

Phone: 421-7005

Address: Department of Human Services,  
Office of Rehabilitation Services  
40 Fountain Street  
Providence, RI 02903

Website: [www.RIATELPROGRAM.org](http://www.RIATELPROGRAM.org)

### **PARI**

PARI runs the Gift of Hearing Program which provides reduced cost hearing aids.

Phone: 725-1966

Address: 500 Prospect Street, Pawtucket, RI 02860

Website: [www.pari/ilc.org](http://www.pari/ilc.org)

### **RI Commission on the Deaf & Hard of Hearing**

The RI Commission on the Deaf and Hard of Hearing provides information and referrals, administers sign language interpreter referral service and provides ADA consultation, outreach and training. They have a library that has videos, books and articles available for borrowing.

Phone: 222-1204 TTY 222-1205

Address: One Capitol Hill, Providence, RI 02908

Website: [www.cdhh.ri.gov](http://www.cdhh.ri.gov)

If you have any questions you may contact the agencies listed, or telephone our Social Worker, Cheryl Sadler, at 231-0742 x 104 for assistance.

### **Income Tax Information for Grandparents Raising Grandchildren**

If you are a grandparent who is raising a grandchild in your home, you may be entitled to special tax deductions. For more information visit [www.irs.gov](http://www.irs.gov) or call 1-800-829-1040. You should also speak with your tax preparer.

# AARP TAX SERVICES

## **2012 Income Tax Preparation for Seniors Program**

Sponsored by AARP of Rhode Island  
February 2012

A representative from the AARP Tax Aide Program will be at SMRAC to assist senior tax filers with preparation and filing of Federal and State returns. All returns will be prepared by the specially trained volunteers and transmitted electronically. Electronic filing offers taxpayers, particularly those expecting refunds, the prospect of access to their refund in four weeks or less with direct deposit. If you are filing jointly, both individuals must be at the appointment. The service is free of charge and is available by **appointment only**. Contact the Receptionist to book an appointment. Appointments are made on a first-come, first-serve basis. All taxpayers requesting assistance should bring a copy of last year's (2011) tax returns. Those who wish to file electronically must bring a voided blank check for correct routing and accounting numbers.

**\*NOTE: Non-members may make appointments after March 1, 2012. Walk-in appointments are not available.**




# THE BRIDGE AT CHERRY HILL

AN ASSISTED LIVING COMMUNITY

**One Cherry Hill Road, Johnston, RI  
401-233-2880**

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

**Follow us on Facebook**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu Subject to change with approval of Nutrition Director.</p> <p><b>24 hour notice for reservations &amp; cancellations is appreciated.</b></p>				
<p>6 Vegetable Barley Soup</p> <p><b>Sloppy Joe</b> Buttered Noodles Mixed Vegetables Fresh Fruit Hamburger Roll <b>(Chicken Salad on Hamburger Roll)</b> <i>Salad Bar</i></p>	<p>7 Italian Wedding Soup</p> <p><b>Chicken Parmesan</b> Sliced Seasoned Potatoes Normandy Blend Vegetables Multi Grain Bread Peach Half <b>(Italian Grinder)</b> <i>Salad Bar</i></p>	<p>1 Corn Chowder</p> <p><b>Beef Wellington w/ Ketchup</b> Au Gratin Potatoes King Edward Vegetables Rye Bread Sliced Pears <b>(Pastrami &amp; Swiss w/ Mustard on Rye)</b> <i>Salad Bar</i></p>	<p>2 Egg Drop Soup</p> <p><b>Sweet &amp; Sour Chicken</b> Fried Rice/Vegetable Egg Roll White Bread Mandarin Oranges <b>(Meatloaf w/ Ketchup on White Bread)</b> <i>Salad Bar</i></p>	<p>3 Red Chowder w/Crackers</p> <p><b>Breaded Lemon Lite Fish w/ Tartar Sauce</b> Mashed Potatoes/Baby Carrots Wheat roll Butterscotch Pudding <b>(Turkey w/ Mayo on Wheat)</b> <i>Salad Bar</i></p>
<p>13 Split Pea Soup</p> <p><b>Baked Ham w/Glaze</b> Sweet Potatoes/Peas &amp; Onions Marble Bread Apricots <b>(Sliced Chicken &amp; Cheese on Marble Bread)</b> <i>Salad Bar</i></p>	<p><b>14 VALENTINES DAY</b> Venus de Milo Soup <b>Stuffed Chicken w/Gravy</b> Red Bliss Mashed Potatoes Zucchini Split Top Roll/Carrot Cake <b>(Seafood Salad on Pita)</b> <i>Salad Bar</i></p>	<p>8 <b>HAPPY BIRTHDAY!</b> Lemonade <b>Low Sodium Hot Dog</b> Potato Log/ 3-Bean Salad Hot Dog Roll Ice Cream Sand. <b>(Hamburger on a Roll w/ Condiments)</b> <i>Salad Bar</i></p>	<p>9 Chicken &amp; Rice Soup</p> <p><b>Pork Loin w/Gravy &amp; Applesauce</b> Stuffing Buttered Sliced Carrots Rye Bread Lemon Pudding <b>(Egg Salad on Rye)</b> <i>Salad Bar</i></p>	<p>10 Escarole &amp; Bean Soup</p> <p><b>Shepherd's Pie</b> Seasoned Spinach Garlic Stick Frosted Brownie Wheat Bread <b>(Tuna on Wheat)</b> <i>Salad Bar</i></p>
<p>20</p> <p><b>Closed</b></p> <p> <b>Presidents Day</b></p>	<p><b>21 MARDI GRAS!</b> Beef Noodle Soup <b>Chicken Luxor/Rice Pilaf</b> California Blend Vegetables Oatmeal Bread Fresh Apple <b>(Bologna on Oatmeal w/Mustard)</b> <i>Salad Bar</i></p>	<p>15 Tossed Salad w/Tomato &amp; Cucumber w/Dressing</p> <p><b>Beef Stew</b> O'Brien Potatoes Green Beans/Roll/Fresh Fruit <b>(Eggplant Parmesan w/ Sauce on Grinder Roll)</b> <i>Salad Bar</i></p>	<p>16 Tomato Soup</p> <p><b>Roasted Chicken Quarter</b> Wax Beans w/Pimentos Mac &amp; Cheese Pumpernickel Bread Frosted Cup Cake <b>(Ham Salad on Pumpernickel)</b> <i>Salad Bar</i></p>	<p>17 White Chowder</p> <p><b>Beer Battered Fish w/Tartar Sauce</b> Oven Roasted Potatoes Cole Slaw/Snowflake Roll Sliced Peaches <b>(Chicken Salad on Bulky Roll)</b> <i>Salad Bar</i></p>
<p>27 Grape Juice</p> <p><b>Stuffed Cabbage w/Sauce</b> Harvest Vegetable Rice Cauliflower Wheat Bread Tapioca Pudding <b>(Italian Tuna on Wheat)</b> <i>Salad Bar</i></p>	<p>28 Chili Soup</p> <p><b>Roast Turkey w/ Gravy</b> Butternut Squash/Green Beans Frosted Chocolate Cake Marble Bread <b>(Ham &amp; Cheese w/Mustard on Marble)</b> <i>Salad Bar</i></p>	<p>22 Minestrone Soup</p> <p><b>Vegetable Lasagna</b> Garlic Stick Italian Blend Vegetables Hoodsie Cup <b>(Tuna on Bulkie Roll)</b> <i>Salad Bar</i></p>	<p>23 Cranberry Juice</p> <p><b>Tuna Salad</b> Carrot Raisin Slaw Potato Salad Croissant Vanilla Pudding <b>(Ham &amp; Swiss on Croissant)</b> <i>Salad Bar</i></p>	<p>24 Onion Soup w/CROUTONS</p> <p><b>Egg Salad Sandwich</b> Tossed Salad Coconut Cake <b>(Italian Grinder)</b> <i>Salad Bar</i></p>
	<p>29 Potato and Leek Soup</p> <p><b>Chicken Cacciatore</b> Roasted Red Bliss Potatoes Sliced Carrots Hearty Nut Bread Baked Apple w/ Cinnamon <b>(Italian Grinder)</b> <i>Salad Bar</i></p>	<p>29 <b>Contact Blackstone Health, Inc., for concerns regarding Food Allergies.</b> <b>Thank you for your donations! Checks can be made out to Blackstone Health, Inc.. Your donations help keep the program</b></p>	<p>23 <b>Contact Blackstone Health, Inc., for concerns regarding Food Allergies.</b> <b>Thank you for your donations! Checks can be made out to Blackstone Health, Inc.. Your donations help keep the program</b></p>	<p><b>Funded in part by the U.S. Administration on Aging and State funds through the RI Division of Elderly Affairs.</b></p>

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## Trip News

Mary Poppins at PPAC	February 16th
Forever Irish w/Andy Cooney	March 13th
Luigi's Restaurant & Shopping at Job Lot	April 10th
Mohegan Sun & The Duttons at Garde Arts Theatre	April 17th
Indian Head Resort Chocolate Indulgence Weekend	April 20th-22nd
Bermuda Cruise - Royal Caribbean	May 5th-10th
Love, Sex & The IRS Newport Playhouse	May 10th
Cornerstone Theatre Foxwoods/Mohegan	May 16th&17th
NY City Trip-Statue of Liberty and 9/11 Memorial	May 26th
Boston Red Sox vs. DC Nationals at Fenway Park	June 9th
Mohegan Sun & Hit Men Musical	June 11th
Pennsylvania Dutch Trip	June 22nd-24th
Washington, DC Tour	June 29th-July 2nd
Tall Ships Cruise Tour & Lunch at Gloucester House	July 5th
Tanglewood with Boston Pops	July 8th

Magic Wings Butterfly Conservatory, Lunch, Yankee Candle & Richardson's Candy	August 15th
Yankees vs. Orioles Camden Yards	September 7th-9th
Red Sox vs. Orioles Camden Yards	September 28th-30th
Atlantic City Trump Taj Mahal	November 4th-6th
"Kings of Country" Musical Show at Mohegan Sun	November 12th

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