



Leon A. Mathieu Senior Center

420 Main Street Pawtucket, RI 02860

May/June 2025



DONALD R.
GREBIEN MAYOR

MARY LOU MORAN
DIRECTOR

OLDER AMERICANS MONTH



ANNUAL SENIOR HEALTH FAIR

Wednesday, May 7th from 9:00-11:30 a.m.

Event to include free health screenings: blood pressure, lung health, bone density, derma scan, glucose, vascular, fall risk, oral, foot, vision, hearing, cholesterol; raffles, light refreshments and much more!!!

FLIP THE SCRIPT ON AGING: MAY 2025

Older Americans Month is celebrated annually during the month of May in the United States, led through the efforts of the Administration for Community Living. For over 60 years, this time of the year has been set aside to recognize the contributions of older Americans, highlight aging trends, and underline the importance of making sure older adults are receiving the services that they deserve to age positively.

This year's theme, "Flip The Script On Aging", certainly implies a very active, positive, bold message. This theme focuses on transforming society's perception and attitudes towards aging. The goals of this May Celebration include challenging views of ageism, recognizing the many contributions of older adults, and to highlight community opportunities for staying active and engaged, and continuing to find purpose later in life.

The Senior Center has many events planned during the month May celebrating the older adults of the community, and how we are offering opportunities to Flip the Script on Aging. Please visit the newsletter to see some of the special events that we have planned for you and consider attending. Wishing you a Happy Older Americans Month 2025 and let's "Flip the Script On Aging" together. Mary Lou Moran, Director



MISSION STATEMENT

The mission of the Leon A. 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.

**LEON MATHIEU
SENIOR CENTER**

420 Main Street
Pawtucket, R.I. 02860
Phone: (401)728-7582
Fax: (401) 312-0268

Internet Address:
www.pawtucketri.gov

Email Address:
seniorcenter@pawtucketri.gov

Visit us on Facebook at
Leon Mathieu Senior Center
Digital Version of the Newsletter is
Available at:

www.mycommunityonline.com
Pawtucketri.gov/seniorcenter

Hours of Operation:

Monday - Friday
8:30 a.m. - 4:00 p.m.

Director

Mary Lou Moran
Deputy Director

Herb Weiss

***Community Information
Specialist & Case Worker***

Joan Newton

Program Coordinator

Melissa Cabral

Outreach Worker

Emilia Fernandes

Secretary

Julieth Cornejo

Shuttle Van Drivers

John Belluscio & Dorian Castrillon

Maintenance

Brian DaLomba

BLACKSTONE HEALTH, INC.

Program Coordinator

Kathleen Fisher 728-9290

Blackstone Health Café Coordinator

Timothy Sandy 725-6444

Nutrition Assistant

Susan Leal 365-1101

Café Receptionist

Terri Difruscio 728-5480

The Programs and services offered at the Leon Mathieu Senior Center are funded in part by the City of Pawtucket Community Development Block Grant Program, RI Department of Human Services - Office of Healthy Aging, RI Designated Grant, U.S. Administration for Community Living, RI House & Senate Legislative Grants, Blue Cross Blue Shield of RI, Harriet Ballou Charitable Foundation, donations and memberships. Thank you to all our donors!

**LEON MATHIEU SENIOR CENTER &
BLACKSTONE HEALTH, INC. HOLIDAY CLOSINGS
MONDAY, May 26th, 2025 in Observance of Memorial Day
THURSDAY, June 19th, 2025 in Observance of Juneteenth**



**The Leon Mathieu Senior Center Mural & Socialization Site
Ribbon Cutting Friday, May 23rd at 12:30 p.m.**

All are welcome to celebrate the completion of our new outdoor space. Light refreshments will be served. Thank you to the Harriet Ballou Charitable Foundation for its generous contribution to this project. Thank you to Groundwork RI for their funding of the landscaping of this renovated site.



Older Americans Month Awards Recipients: Chuck Hollis, Assistant Administrator of the RI DMV; Helmut Reinhardt, AARP Volunteer Driver Safety Educator; Susan Sweet, State Senior Advocate & Treasurer of RI Minority Elder Taskforce and Jerome Lockley, Stop & Shop Manager



Join us on **Friday, May 30th at 12:30 p.m.** at the Leon Mathieu Senior Center as we honor these special individuals for their fine work they have done for Pawtucket residents over many years. Light refreshments and cake will be served. **All are welcome to attend.**

Pawtucket - Becoming an Age Friendly Community

Last Fall Pawtucket made a commitment to work on achieving the status of being an Age Friendly Community – a status designated by the World Health Organization and AARP. Since that time, City leaders led by the Mayor Grebien as well as representatives from AARP RI, Age Friendly RI and several Pawtucket residents have met to discuss the path forward to making Pawtucket a community that is friendly to older adults, to the very young and everyone in between. More news will follow in the upcoming months.

NUTRITION CORNER

Blackstone Health Café at the Leon Mathieu Senior Center provides nutritious meals in a community-dining room setting. Lunch is served Monday through Friday at 11:30 a.m. Participation in the congregate program is available to individuals who are at least sixty years of age and their spouse, as well as, persons with disabilities under sixty years of age. Guests of members may also attend for the full price of their meal, \$5.65. 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 opportunities for members to socialize with neighbors from within their own community and share common interests along with life experiences. Meal Reservations may be made by contacting the Café at 401-728-5480 one day in advance (one week in advance for holiday themed meals). Transportation can also be arranged at the Café reception desk. Volunteers are always welcome. If interested in becoming a volunteer at the Café, please speak with Timothy Sandy, Blackstone Café Coordinator. **Funded in part by the U.S.**

Administration for Community Living and through the Rhode Island Office of Healthy Aging.

PLEASE CONSIDER DONATING CLOTHES, SHOES, TOWELS, SHEETS AND/OR ANY FABRIC! There is a green Big Brothers Big Sisters donation bin in our parking lot. We have a profit sharing partnership where a percentage of the sales goes toward the Leon Mathieu Senior Center!!!



**Big Brothers
Big Sisters.**

OF AMERICA

Join Paula Bradley and Staff Community Outreach Coordinators of the Office of U.S. Senator Sheldon Whitehouse, for a Discussion Group/Current Events Group to be held on Thursdays May 15th and June 26th at 10:30 a.m. Paula and staff will be discussing topics that pertain to Seniors. If you are interested in attending, please let Melissa know in advance.



PET THERAPY

DAWN GOFF BRINGS IN HER LICENSED THERAPY DOG "WENDY" (A POOCHON) ON MONDAYS AT 9:30 A.M. ON THE FIRST FLOOR. COME JOIN US!

Thank you Dawn and Wendy!

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.

ARTHRITIS EXERCISE CLASS ON WEDNESDAYS AT 12:30 PM

***An evidence-based exercise program developed by the Arthritis Foundation and recommended by the Centers of Disease Control for those suffering from arthritis and other forms of chronic pain. This class features gentle joint exercise to help relieve stiffness, decrease arthritis pain and improve balance. A variety of range-of-motion and endurance-building activities, relaxation techniques, and health education topics are covered. Classes are taught by Health & Fitness Consultant Maria Kishfy who is certified by the Arthritis Foundation. All Senior Members are invited to participate.**

CRIBBAGE PLAYERS WANTED!



**FRIDAYS
at 9:30 a.m.**

HAIRDRESSING SERVICE Every 2nd and 4th Wednesday 9:00 - 11:30 am on the 2nd Floor with Julie Silva.

Services Include:

- ◆ Leave in shampoo, cut \$21
- ◆ Wash & set \$21
- ◆ Leave in shampoo, cut & blow style \$29
- ◆ Leave in shampoo, cut, and curling iron set \$38



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

Payment is cash only.



The LMSC Walking Club on Mondays

- 05/05 INDIA POINT PARK Providence
- 05/12 BLACKSTONE BLVD. Providence
- 05/19 SLATER PARK, Pawtucket
- 06/02 CRESCENT PARK, Riverside
- 06/09 SWAN POINT CEMETARY TOUR, Prov.
- 06/16 FESTIVAL PIER 50 Tim Healey Way Pawt.
- 06/23 ROGER WILLIAMS NATIONAL PARK
282 North Main St. Providence
- 06/30 VALLEY FALLS HERITAGE PARK,
45 Broad St. Cumberland

Please sign up for transportation for the walking trips on the second floor for each trip. If it rains, the

Walking Club will be held at the designated mall. There is no cost for Walking Club transportation. The shuttle leaves the Center at 12:15 p.m. Please be ready at the designated drop off area at 2



Parkinson's Exercise Classes with Instructor Maria Kishfy on Tuesdays at 2 pm Starting June 3rd

Practicing Yoga for PD can open up opportunities for self improvement. Improve on postural alignment, functional mobility, stability, balance, coordination, posture, strength, range of movement while building on self-confidence. Yoga blocks and strap aids will be used to support accessibility and a tactile mode of practice. Taking a conscious approach to movement through learned strategies can positively impact everyday living activities.

LOCATION: Leon A Mathieu Center, 420 Main St, Pawtucket, RI on Tuesdays at 2 p.m. starting on June 3rd. This is a 12 week program. Residents and Non-Residents of Pawtucket living with Parkinson's Disease are welcome to participate. If interested, see Melissa. Thank you for the generous donation from the Pawtucket Rotary Club for funding this beneficial program!



THE PAWTUCKET SENIOR CITIZENS COUNCIL (PSCC)

The P.S.C.C is looking for new members! This is a perfect way to give back to your Community and be an ambassador for older adults.

Pawtucket residents 55 and older are eligible to volunteer on the council. If interested in serving on the P.S.C.C, contact Mary Lou Moran, Senior Center Director, at 728-7582

VETERAN BENEFIT INFORMATION

Make a one-on-one appointment with Veteran Service Representative from the Department of Veteran



Affairs to learn about the many V.A. 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.

Free Memory Screenings Provided by Butler's Memory and Aging Program

What is a memory screening? It is a "healthy brain check-up" that tests memory and other thinking skills. The memory screening is a series of questions and/or tasks that takes approximately 10-15 minutes to complete and can indicate if someone might benefit from a comprehensive medical evaluation. It is for personal use only and should not be used to diagnose any particular illness.

If you are interested in signing up for a screening, see Melissa or call the office at 401-728-7582.

FREE MONTHLY LEGAL CLINIC AT THE LEON MATHIEU SENIOR CENTER SPONSORED BY THE R.I. BAR ASSOCIATION



This clinic will consist of individual appointments with an attorney who can answer any legal questions or concerns you may have.

These appointments are private and confidential. The clinic will be held on Thursday, MAY 19th from 1-3pm. If you would like to make an appointment please

call the Senior Center at 401-728-7582.

MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p style="text-align: right;">1</p> <p>9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:30 Shopping Trip 11:30 Lunch—Café \$3 Suggested Donation</p> <p>12:15 Penny BINGO 12:15 Chair Yoga</p>	<p style="text-align: right;">2</p> <p>9:30 Cribbage</p> <p>9:30 Stretch Exercise 10:20 Line Dancing 11:30 Lunch \$3 Suggested Donation</p> <p>12:30 GARDENING CLUB WITH ANNETTE</p>
<p style="text-align: right;">5</p> <p>9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café \$3 12:15 Walking Club at India Point Park, Providence 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting 12:30 BINGOCIZE</p>	<p style="text-align: right;">6</p> <p>9:30 Shri Yoga @ Shri Studio- \$10 monthly 10:00 Bone Builders 10:00 Therapeutic Coloring 11:00 Van Trip to Campfire Tavern in Rehoboth 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics</p>	<p style="text-align: right;">7</p> <p>9:00-11:30 Annual Senior Health Fair—1st & 2nd Floors 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise 12:30 BINGOCIZE</p>	<p style="text-align: right;">8</p> <p>9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:30 Shopping Trip 11:30 Lunch—Café \$3 Suggested Donation</p> <p>12:15 Penny BINGO 12:15 Chair Yoga</p>	<p style="text-align: right;">9</p> <p>9:30 Cribbage 9:30 Stretch Exercise 10:20 Line Dancing 11:30 Lunch \$3 Suggested 12:00 URI Presents "Arthritis" 12:30 Mother's Day Tea</p>
<p style="text-align: right;">12</p> <p>9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café \$3 12:15 Walking Club at Blackstone Blvd., Providence 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting 12:30 BINGOCIZE</p>	<p style="text-align: right;">13</p> <p>9:30 Shri Yoga @ Shri Studio- 10:00 Bone Builders- 10:00 Therapeutic Coloring 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics</p>	<p style="text-align: right;">14</p> <p>9-11:30 Hairdressing 9:30 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise 12:30 BINGOCIZE</p>	<p style="text-align: right;">15</p> <p>9:30 Salsacise</p> <p>9:30 BOARD GAMES-TV ROOM 10:30 Discussion Group 11:00 Van Trip to Bon Asian Hibachi in Johnston 11:30 Lunch \$3 Suggested Donation</p> <p>12:15 Penny BINGO 12:15 Chair Yoga</p>	<p style="text-align: right;">16</p> <p>9:30 Cribbage 9:30 Stretch Exercise 10:20 Line Dancing 11:30 Lunch w/ the RSVP Band \$3 Suggested Donation 12:30 The Leon Mathieu Senior Center's SENIOR PROM with Blackstone Academy & Entertainment by Bo-Dee's Circle of Music!!!</p>
<p style="text-align: right;">19</p> <p>9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café \$3 12:15 Walking Club at Slater Park, Pawtucket 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting 12:30 BINGOCIZE 1-3 Legal Clinics - 2nd Floor-Appointments Only</p>	<p style="text-align: right;">20</p> <p>9:30 Shri Yoga @ Shri Studio- 10:00 Bone Builders 10:00 Therapeutic Coloring 11:00 Van Trip to Palmer River in Warren 11:30 Lunch—Café 12:30 Non-Impact Aerobics</p>	<p style="text-align: right;">21</p> <p>9:30 Stretch Exercise 10:00 Alzheimer's Caregiver Support Group-2nd Floor 11:30 Tai Chi \$10 Monthly 11:30 Lunch \$3 Suggested Donation 12:30 Arthritis Exercise Canceled 12:30 BINGOCIZE</p>	<p style="text-align: right;">22</p> <p>9:30 Salsacise- 9:30 BOARD GAMES-TV ROOM 10:30 Shopping Trip 11:30 Lunch \$3 Suggested Donation \$3 Suggested Donation 12:15 Penny BINGO</p> <p>12:15 Chair Yoga</p>	<p style="text-align: right;">23</p> <p>9:30 Cribbage 9:30 Stretch Exercise 10:20 Line Dancing 11:30 Lunch \$3 Suggested Donation</p> <p>12:30 Outdoor Mural Ribbon Cutting Ceremony - All Invited!</p>
<p style="text-align: right;">26</p> 	<p style="text-align: right;">27</p> <p>9:30 Shri Yoga @ Shri Studio- 10:00 Bone Builders 10:00 Van Trip to Capron Park Zoo in Attleboro 10:00 Therapeutic Coloring 11:30 Lunch—Café 12:30 Non-Impact Aerobics</p>	<p style="text-align: right;">28</p> <p>9-11:30 Hairdressing 9:30 Stretch Exercise 11:30 Tai Chi \$10 Monthly 11:30 Lunch \$3 Suggested Donation 12:30 ARTHRITIS EXERCISE 12:30 BINGOCIZE</p>	<p style="text-align: right;">29</p> <p>9:30 Salsacise- 9:30 BOARD GAMES-TV ROOM 11:30 Lunch \$3 Suggested Donation \$3 Suggested Donation 12:15 Penny BINGO</p> <p>12:15 Chair Yoga</p>	<p style="text-align: right;">30</p> <p>9:30 Cribbage 9:30 Stretch Exercise 10:20 Line Dancing 11:30 Lunch \$3 Suggested Donation</p> <p>12:30 Older Americans Month Awards Ceremony-All Invited!</p>

JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:30 Knitting 9:30 Pet Therapy 9:30 Senior Cardio 10:30 Crafts 11:30 Lunch—Café \$3 Suggested Donation 12:15 Walking Club at Crescent Park, Riverside 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting 12:30 BINGOCIZE</p>	<p>3</p> <p>9:30 Shri Yoga \$10 monthly 10:00 Bone Builders 10:00 Therapeutic Coloring 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics 12:30 Cooking Demo "Healthy Shrimp Scampi" - 3rd Floor Café 2:00 Yoga for Parkinson's</p>	<p>4</p> <p>9:30 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise 12:30 BINGOCIZE</p>	<p>5</p> <p>9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:00 Podiatry Clinic-2nd Floor 10:30 Shopping Trip 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga</p>	<p>6</p> <p>9:30 Cribbage 9:30 Stretch Exercise 10:20 Line Dancing 11:30 Lunch \$3 Suggested Donation 12:30 Blue Cross Blue Shield of RI Presents "Mental Wellness"</p>
<p>9</p> <p>9:30 Knitting 9:30 Pet Therapy 9:30 Senior Cardio 10:30 Crafts 11:30 Lunch—Café \$3 Suggested Donation 12:15 Walking Club at Swan Point Cemetery, Prov. 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting 12:30 BINGOCIZE</p>	<p>10</p> <p>9:30 Shri Yoga- \$10 monthly 10:00 Bone Builders 10:00 Therapeutic Coloring 10:00 Van Trip to Explorer River Tour 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics- 2:00 Yoga for Parkinson's</p>	<p>11</p> <p>9-11:30 Hairdressing 9:30 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise 12:30 BINGOCIZE</p>	<p>12</p> <p>9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:30 Shopping Trip 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga</p>	<p>13</p> <p>9:30 Cribbage 9:30 Stretch Exercise 10:20 Line Dancing 10:30 URI Blood Pressure Screenings 11:30 Lunch-\$3 Suggested Donation 12:30 URI School of Pharmacy Presents "The Sun and Meds" Many common medications can cause sun sensitivity making your skin vulnerable to the sun's rays. Learn which meds to be concerned and how to protect your skin.</p>
<p>16</p> <p>9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café \$3 12:15 Walking Club at Festival Pier, Pawtucket 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting 12:30 BINGOCIZE</p>	<p>17</p> <p>9:30 Shri Yoga- \$10 monthly 10:00 Bone Builders 10:00 Therapeutic Coloring 11:00 Van Trip to Iggy's Restaurant in Warwick 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics 2:00 Yoga for Parkinson's</p>	<p>18</p> <p>9:30 Stretch Exercise 10:00 Alzheimer's Caregiver Support Group—2nd Floor 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise</p>	<p>19</p> 	<p>20</p> <p>9:30 Cribbage 9:30 Stretch Exercise 10:20 Line Dancing 11:30 Lunch w/ the RSVP BAND \$3 Suggested Donation 12:30 Father's Day Sock Hop with Entertainment by Bo-Dee's Circle of Music</p>
<p>23</p> <p>9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café \$3 Suggested Donation 12:15 Walking Club at Roger Williams Natl. Memorial, Providence 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting</p>	<p>24</p> <p>9:30 Shri Yoga \$10 monthly 10:00 Bone Builders 10:00 Therapeutic Coloring 11:00 Van Trip to Iggy's Restaurant in Warwick 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics 2:00 Yoga for Parkinson's</p>	<p>25</p> <p>9-11:30 Hairdressing 9:30 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise</p>	<p>26</p> <p>9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:30 Shopping Trip 10:30 Discussion Group 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga</p>	<p>27</p> <p>9:30 Cribbage 9:30 Stretch Exercise 10:20 Line Dancing 11:30 Lunch—Café \$3 Suggested Donation 12:30 GARDENING CLUB WITH ANNETTE</p>
<p>30</p> <p>9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café \$3 12:15 Walking Club at Valley Falls Heritage Park, Cumberland 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting</p>				<p>JUNE BIRTH FLOWER</p> <p>Rose</p>  <p>ROMANCE LOVE</p>

SOCIAL & HUMAN SERVICES CORNER

Are you receiving all the benefits you are entitled to? Do you have questions about Medicare? We are here to help. We offer free, unbiased, trusted one-on-one counseling and assistance based on your unique needs.

You are fortunate to have trained SHIP (State Health Insurance Program) Counselors available to you at the Leon Mathieu Senior Center. They will assist you to make informed health insurance decisions that optimize your access to care and benefits.

To schedule an appointment, contact the Senior Center at 401-728-7582.

COUNSELING TOPICS INCLUDE BUT NOT LIMITED TO:

Health & Prescription Insurance Benefits Check-Up

Medicare/Medicaid Eligibility Assistance

Medicare Savings Program Eligibility & Enrollment Assistance

Medicare Fraud and Protection—SMP

Eligibility Screening for Federal State & Local Programs

Home and Community Care Options

SNAP Program (formerly Food Stamps Program)

Health Care Fraud & Protection (Senior Medicare Patrol)

Identity Fraud & Consumer Protection

Housing Options

Heating Assistance

Retirement Planning

Living Wills and Durable Power of Attorney for Health Care

MEDICARE		HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)			
NAME OF BENEFICIARY			
JANE DOE			
MEDICARE CLAIM NUMBER		SEX	
000-00-0000-A		FEMALE	
IS ENTITLED TO		EFFECTIVE DATE	
HOSPITAL (PART A)		07-01-1986	
MEDICAL (PART B)		07-01-1986	
SIGN			



Navigating Medicare



Preventing Medicare Fraud

PREVENT MEDICARE FRAUD!!!

You can learn to prevent, detect, and report Medicare fraud, errors, and abuse by contacting SMP. SMP is a national program with offices in every state. Here are some [tips to prevent, detect, and report ...](#)

- ☑ Only share your Medicare or Social Security number with those you trust.
- ☑ Only carry your Medicare card when you need it.
- ☑ Keep a record of all your medical visits and procedures.
- ☑ Review your Medicare statements for mistakes like charges you don't recognize or duplicate billing.
- ☑ Call your health care provider, Medicare, or your local Senior Center if you see something suspicious.

ALZHEIMER'S ALERT PROGRAM

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.

**ADAPTIVE TELEPHONE
EQUIPMENT LOAN PROGRAM**

You can join a representative from the ATEL Program for ATEL Tech Time a new **FREE** monthly 30-minute one-on-one session to answer your questions or learn how to use your iPad/iPhone or Android device to its fullest. If you do not own a smart device, you may be eligible to get one through the ATEL Program. This program comes to us by the RI Office of Rehabilitation Services. Sessions are held at the Leon Mathieu Senior Center. Appointments are required and can be made on the 2nd floor or by calling the Senior Ctr.



RI Division of Motor Vehicles is currently open by reservation only. At this time we are not offering transportation to the DMV. However we are available for any questions you may have for ID renewal. Reservations are available for the Cranston, Woonsocket, Middletown, and Wakefield offices. **NO WALK-INS ALLOWED.** Reservations can be made online at www.dmv.ri.gov or by calling your local DMV office.

**PODIATRY CLINIC
AT THE LEON MATHIEU
SENIOR
CENTER WITH DR.
CATHCART!!!**



Thursday, June 5th FROM 10 A.M.-12 P.M.
**PLEASE SEE THE SECOND FLOOR STAFF
TO SIGN UP! MUST HAVE ID & INSUR-
ANCE CARDS AVAILABLE AT SIGN UP.**

KUDOS!!!!

Congratulations to Herb Weiss in the publication of his 3rd book in a series titled "Taking Charge: Vol 2- Lots More Stories on Aging Boldly" a compilation of his past articles covering aging issues. In addition, congratulations to Herb as his many articles are now digitized, archived and housed in RI College's Special Collections at the James P. Adams Library.

**Alzheimer's & Dementia Related
Family Caregiver Support Group**

- Build a support system with people who understand
- Exchange practical information on caregiving challenges and possible solutions
- Talk through challenges and ways of coping
- Share feelings, needs and concerns
- Learn about community resources

When: Next dates are **Wednesday, May 21st at 10 a.m. and Wednesday June 18th at 10 a.m.**

Where: Leon Mathieu Senior Center on the 2nd floor. Virtual meeting also an option.

Mary Lou Moran, Director of the L.M.S.C, will be leading the group. Please register in advance for the meeting by calling The Senior Center at 401-728-7582 or emailing seniorcenter@pawtucketri.gov



alzheimer's association®

R.I.P.T.A bus passes will be issued at the Leon Mathieu Senior Center on in the 1st floor Garden Room on Thursday, **July 17th** from 10 a.m.-12 p.m. Seniors (65+) and adults with disabilities will be charged \$10.00 for a 2 year pass. For information about necessary documents, contact the Senior Center staff on the 2nd floor.



TAI CHI CLASSES WITH INSTRUCTOR BOB MCMANUS ON WEDNESDAYS AT 11:30A.M. ON THE FIRST FLOOR. BOB HAS BEEN TEACHING THIS CHINESE FORM OF MEDITATIVE PHYSICAL EXERCISE FOR OVER 30 YEARS.

Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. Tai chi originated as an ancient martial art in China. Over the years, it has become more focused on health promotion and rehabilitation. Tai chi may be beneficial in improving balance and preventing falls in older adults and people with Parkinson's disease. **IF YOU ARE INTERESTED IN TRYING OUT A COMPLIMENTARY CLASS, PLEASE SEE MELISSA. THERE IS A MONTHLY FEE OF \$10.**

SHOPPING & LUNCHEON TRIPS \$2.00 per person

Tickets go on sale **Monday, April 21st at 9:30 a.m.** Each person is able to sign up for any shopping trip, 1 lunch trip and 1 special trip initially. You may sign up for additional lunch and special trips as space permits on **Monday, April 28th at 9:30 a.m.** Departure time for shopping trips is 10:30 a.m. and 11:00 a.m. for luncheon trips from the Senior Center.

MAY SHOPPING TRIPS from the Senior Center-10:30 am

Thurs., May 1st Market Basket Grocery Shopping
South Attleboro, MA

Thurs., May 8th Walmart, N. Smithfield

Thurs., May 22nd Job Lot, Woonsocket

MAY LUNCH TRIPS \$2:Leaving at 11 am

Thursday, May 15th Bon Asian Hibachi Grill in Johnston, RI— Priority will be given to those who did not attend the March lunch trip to the Hibachi Grill.

Tuesday, May 6th Campfire Tavern in Rehoboth, MA

Tuesday, May 20th Palmer River Grille in Warren, RI—an American restaurant in a picturesque place that displays the beauty of the town and the *Palmer River*.

MAY SPECIAL TRIP \$10:

Tuesday, May 27th Capron Park Zoo Leaving at 10 a.m. in Attleboro—Followed by lunch at Brigg's Corner Pizzeria—Lunch is not provided in trip cost. Each person is responsible for own bill.

JUNE SHOPPING TRIPS from the Senior Center-10:30 am:

Thurs., June 5th Market Basket Grocery Shopping
South Attleboro, MA

Thurs., June 12th Walmart, N. Smithfield

Thurs., June 26th Aldi's Plaza, East Providence

JUNE LUNCH TRIP \$2:Leaving at 11 am

Tuesday, June 17th Iggy's Restaurant in Warwick, RI—

Tuesday, June 24th Iggy's Restaurant in Warwick, RI—

JUNE SPECIAL TRIP \$12:

Tuesday, June 10th Explorer River Tour, Leaving at 10 a.m. 40-passenger tour boat will bring you on an intriguing and relaxing 50-minute river tour in the Blackstone River Valley. Lunch will be at Maria's in Lincoln. Each person is responsible for own bill.



SENIOR TRIP POLICY

- ◆ PLEASE BE READY AND WAITING FOR THE SHUTTLE 10 MINUTES BEFORE YOUR PICK-UP TIME
- ◆ Call 725-8220 to CANCEL SENIOR SHUTTLE the evening before or morning of pick-up (call before 6:30 am)
 - ◆ Call 728-7582, second floor, to CANCEL SENIOR SHUTTLE (if calling after 6:30 a.m.)
- ◆ Call 728-5480, third floor, to CANCEL MEALS AND MTM TRANSPORTATION TO MEAL SITE IF APPLICABLE.
 - ◆ If you miss the van or are not picked up as scheduled, please contact the Senior Center's main number at 728-7582 so that the office can contact the driver. Trip payments are nonrefundable unless you are able to find a replacement or we are able to fill your place from the waiting list
 - ◆ If you are going on any Senior Center trips that will interfere with your lunch at the Blackstone Café, you must cancel your lunch at the Blackstone Café ahead of time. It is your responsibility to notify the Blackstone Café of your absence. Alcohol or illegal substances are not allowed on the shuttle. Purchases of alcohol or illegal substances are not allowed.

FOR GROCERY AND SHOPPING TRIPS PLEASE NOTE:

- ◆ Purchases of cases of water/soda/beverages are limited to 1 case per person
- ◆ **The following items are NOT ALLOWED: -Large items (appliances, furniture, etc.) -Items weighing 20 pounds or greater -Please limit number of shopping bags to no more than 4.** Departure time from Department Store Shopping Trips is 12:45 pm or 2 hours after drop off at the designated location. **THANK YOU FOR YOUR COOPERATION!**

LEON MATHIEU SENIOR CENTER.....	728-7582
CITY OF PAWTUCKET SENIOR SHUTTLE.....	725-8220
(for Pawtucket residents only)	
BLACKSTONE CAFE MEAL RESERVATIONS.....	728-5480
BLACKSTONE HEALTH, INC. NUTRITION.....	365-1101
BLACKSTONE VALLEY COMMUNITY ACTION PROGRAM.....	723-4520
MTM TRANSPORTATION.....	1-855-330-9131
(to all medical appointments & meal sites)	
NEW HORIZONS ADULT DAY CENTER.....	727-0950
PAWTUCKET CITY HALL.....	728-0500
RI DIVISION OF MOTOR VEHICLES (CRANSTON).....	462-4368
RI OFFICE OF HEALTHY AGING (DEA).....	462-3000
R.I.P.T.A. BUS PASS INFORMATION.....	784-9500
SOCIAL SECURITY ADMINISTRATION.....	1-866-931-7079
SOCIAL SECURITY FAX NUMBER.....	1-833-950-2350

Leon Mathieu Senior Center
420 Main Street
Pawtucket, RI 02860