

The Jamestown Senior Center



Quarterly Newsletter

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Senior Center Address:

6 West Street

Jamestown, RI 02835

Senior Center Director:

Molly Rose

Mconlon@jamestownri.net

Phone: 401-423-9804

Website: jamestownri.gov

Congregate Meal Site

Coordinator:

Eileen Donnelly

Meal Site Number: 401-423-2658

Senior Center Hours: 8:30 AM - 4:30 PM

Closed weekends and Holidays

Congregate dining meal reservations require 48 hour notice.

The Weekly Meal Calendar appears in the Jamestown Press and on the website at jamestownri.net

Reservations requested for activities.

Call or register online at Jamestown.recdesk.com or register by phone at 401-423-9804.

Stress: The Good, The BadThe Relief

We know that stress is not all bad. Short periods of stress, or stress that we feel is controllable, can prompt us to reach goals and feel accomplished. However, when stress is relenting and not under our control, our nervous systems can get hijacked into a constant state of hyper-alertness. This hyperarousal state is a product of the sympathetic nervous system, the branch of the autonomic nervous system that is prepared for “fight or flight” to keep us safe. The other autonomic nervous system branch is termed the para-sympathetic nervous system and is responsible for “rest and digest”. The autonomic nervous system typically performs unconsciously based on the information provided to it from the body, mind, emotions or environment. In general, the two parts of the autonomic system modulate vital functions, to achieve balance. When stress is unrelenting, without periods of relaxation we can create a state of chronic “flight or fight” or imbalance.

With sympathetic system activation by stress or anxiety, adrenaline is pumped through our bodies, causing changes like rapid heartbeat and sweating.

Chronic stress can lead to physical symptoms such as headaches, upset stomach, elevated blood pressure, chest pain, and problems sleeping. Research suggests that stress also can cause or worsen certain symptoms or diseases.

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Consider the following:

- 75% to 90% of all doctor's office visits are for stress-related ailments and complaints.
- Stress can cause headaches, high blood pressure, heart and skin conditions, diabetes, asthma, arthritis, depression, and anxiety.
- The lifetime prevalence of an emotional disorder is more than 50%, often due to chronic, untreated stress reactions.

So what can we do if we know that we are experiencing unrelenting or chronic stress? We can take short periods of time to consciously activate the parasympathetic system and lower our stress response.

There are many activities that can help the parasympathetic nervous system become more active and decrease in stress response. To help manage your stress, The Jamestown Senior Center will be offering two days of various activities and education geared to provide a boost for your parasympathetic nervous system. Make sure to save the following two dates: Wednesday, November 1 and Thursday, November 2, 2023 so that you are able to take advantage of these Stress Reducing offerings!

**SAVE
THE DATE**

Save the Dates for our:
De-stress, Reboot & Zen Day Offerings on
Wednesday, November 1st & November 2nd 2023
***check your inboxes for the**
schedule -TBA

The Annual Summer Picnic was a great success! Check out some photos below!





Movies

*movies are shown at the
Jamestown Senior Center in
collaboration with The
Jamestown Library*

Oct 5, 2023

1:30

Asteroid City

In a retro-futuristic version
of the 1950s, a television
host introduces a live
production of Asteroid City,
a play in the film's setting
by famed playwright
Conrad EARP

Nov 9 2023

1:30

About My Father

When Sebastian tells his old-
school Italian immigrant father
Salvo that he is going to
propose to his all-American
girlfriend, Salvo insists on
crashing a weekend with her
tony parents

Dec 14, 2023

1:30

No Hard Feelings

It stars Jennifer Lawrence as
a 32-year-old Uber driver who
answers an ad to date a shy
19-year-old called Percy in
order to boost his confidence
prior to college.

Your paragraph text

Exercise Programs

Bone, Strength and Balance **(October Wednesday Session)**

Who: Adults Ages 55+
Where: Jamestown Recreation Center
(41 Conanicus Ave)
When: Wednesday Mornings for 4
weeks in October
Dates: 10/4/23, 10/11/23, 10/18/23 &
10/25/23
Cost: Residents \$20 for 4 weeks, Non-
Residents \$25 per week
Instructor: Patricia Woodward

Bone, Strength and Balance (October **Friday Session)**

Who: Adults Ages 55+
Where: Jamestown Recreation Center
When: Friday Mornings for 4 weeks in
Dates: 10/6/23, 10/13/23, 10/20/23,
10/27/23
Cost: Residents \$20, Non-Residents
\$25.00
Instructor: Patricia Woodward

Bone, Strength and Balance **(November Wednesday Session)**

Who: Adults Ages 55+
Where: Jamestown Recreation Center
When: Wednesday Mornings for 5
weeks in Nov.
Dates: 11/1/23, 11/8/23, 11/15/23,
11/22/23 & 11/29/23
Cost: Residents \$25, Non-Residents
\$30.00

Heart-Wise Walking

Who: Adults Ages 55+
Where: Meets at Senior Center, 6
West St.
When: Mondays, Wednesdays &
Fridays, 9:00AM - 9:30AM
Dates: ONGOING Cost: FREE
There's nothing better than starting
the day off with a brisk walk and
conversation! The group walks for
approximately ½ hour. *Call Ellie
Chase at 423-1617 to confirm
location.

Zumba

Who: Adults Ages 55+
Where: Upstairs, Senior Center
When: Tuesdays for (6 week
session)
Time: 10 AM- 11 AM
Dates: 10/10/23,
10/17/23,10/24/23, 10/31/23 ,
11/7/23 & 11/14/23
Cost: \$30 for Residents, \$35 for
Non-Residents
Instructor: Ellen Cullom, Zumba
Instructor

Zumba Gold is a Latin and
International rhythms-based
fitness program that is easy &
fun! It is low-impact and
suitable for a wide range of
fitness levels. No prior
experience needed. All are
welcome. Join the party!

Chair Yoga

Who: Adults Ages 55+
Where: Senior Center, upstairs
When: Mondays starting
October 16th (8 week session)
Time: 1:00 PM – 2:15PM
Dates: 10/16/23, 10/23/23,
10/30/23, 11/6/23, 11/13/23
,11/20/23, 11/27/23 &, 12 4/23
Cost: Resident \$30.00 for 8
weeks / Non-resident \$35.00
Instructor: Linda Morse
Have you been interested in
doing yoga but felt uneasy
about getting down to the
floor? Have you wanted to
have better flexibility and
strength of movement? Chair
Yoga can offer the same
benefits as floor yoga.

Exercise Classes (continued)

Tai Chi for Arthritis

Who: Adults Ages 55+

Where: Program will meet upstairs at the Senior Center during the Fall/Winter

When: Mondays at 9:00AM

Dates: ONGOING

Cost: No Cost

Start the week off right and treat your body with the gift of Tai Chi.

This program is based on a medically-proven form of gentle movement designed by specialists to relieve pain, help prevent falls and improve overall health and wellness.

Aqua Therapeutics at St. Clare's

Who: Ages 55+

Where: St. Clare's (located at 309 Spring Street in Newport RI 02840)

When: Monday for 6 Weeks

Time: 10 AM

Dates: 11/06/23, 11/13/23, 11/20/23, 11/27/23, 12/4/23 & 12/11/23

Cost: \$80 for resident, \$85 for non-resident

Interested in an aquatics class in a heated indoor saltwater pool?! St Clare's Pool is located in Newport, RI.

Aqua class is led by a certified therapy assistant with individual attention to Jamestown Senior Center participants. Travel to St Clare's is on your own. Participants will find the entrance to the parking lot by using the lit entrance off of Dennison Street.

Class Size limited to 8 max.



Cards and Games

BINGO, Hosted by The Friends of Jamestown

Seniors Organization

Who: Adults Ages 55+

Where: Upstairs, Senior Center

When: Fridays

Time: 1PM- 3PM

Bridge (for experienced players)

Who: Adults Ages 55+

Where: Senior Center

When: Tuesdays from 1:00PM – 3:30PM

Dates: ONGOING

Cost: No Cost



Please call Molly Rose at 423-9804 to register as volunteer facilitators to connect with players each week to ensure full tables of play.

Mah Jongg (for experienced players)

Who: Adults Ages 55+

Where: Senior Center

When: Fridays, 9:30AM – 12:00PM

Dates: ONGOING

Cost: No Cost

Do you enjoy strategic games to keep the brain buzzing? This game originated in China and is played with domino-like tiles. New game sets, cards and pushers are available for players. Meets weekly.

Creative Endeavors

Rusty Pens Writing & Storytelling Workshop

Who: Adults Ages 55+

Where: Program will meet upstairs at the Senior Center

When: Mondays, ONGOING

Time: 10:30AM-11:30AM

Cost: FREE

Activate the writer and your memories of life's experience. This creative writing workshop is designed to elicit reflections on your own stories, memories or new ideas. Beginners are welcome as well as those who simply wish to write for fun. No homework needed.

Floral Arranging "Autumn Woods"

Who: Adults Ages 55+

Where: Upstairs, Senior Center

When: Thursday, October 12th 2023

Time: 1:00-2:30 PM

Cost: Resident \$22.00/ Non-resident \$25.00

Instructor: Sally Gruber

Imagine walking through the woods on a crisp autumn day. Leaves are falling and the beauty of the forest surrounds us. Let us create this special time with a seasonal celebration of flowers. As we begin, each student will receive a handmade wooden container with a harvest of fresh flowers. Golden solidago, burnt-orange rose and green button mums enhance this festive fall centerpiece. Afterwards we will explore the many applications of wood as we enjoy some forest-inspired refreshments and music.

Please join us for this special salute of the season!



Ongoing Health Clinics

WELLNESS CLINICS w/ RN Lisa Stedman from South County Health

Who: Adults Ages 55+

Where: Senior Center

When: First Tuesday of each month

Times: Appointments are scheduled
between 10:00 AM and Noon. Upcoming

Dates: 10/3/23, 11/7/23 & 12/5/2023

Blood pressure and consults, **no charge**. It's
a great opportunity to ask a nurse about
your health status, medications, etc. *Call
Molly at 423-9804 to make an appointment.

Tina The RI Foot Nurse (certified foot nurse)

Who: Adults Ages 55+

Where: Senior Center, upstairs

When: Thursday, October 26th

Time: Appointments will be scheduled
between the hours of 9 AM- Noon

Cost: \$45

Routine foot and nail care including, nail
clipping, reduction of thickened nails, callus
and corn reduction, light massage to lower
legs and feet, foot care education/materials.

Appt required

Call Molly at 423-9804

S.H.I.P. COUNSELING (Medicare Counseling)

Date: November 17th 2023

Appointments will be scheduled between
10-2 PM

Call S.H.I.P. counselor, Katie Jones, directly
to schedule an appointment at 401-846-
7246 ext. 4

Ongoing Health Clinics (continued)

Audiology Hearing Screenings with Atlantic Audiology

Who: Adults Ages 55+

Where: Jamestown Town Hall, Conference Room

When: Friday, November 3rd 2023

Time: 9:00-12:00 PM

Cost: FREE

Appointment is required.

Call Molly at 401-423-9804

Medicare Open Enrollment Information United Health Care

Who: Adults Ages 65+/ or Disabled

Where: Jamestown Senior Center Upstairs

When: Thursday October 19th 2023

Time: 1PM

Cost: Free

Information regarding 2024 United Senior health
products

Blue Cross Blue Shield of RI

Who: Adults Ages 65+/ or Disabled

Where: Jamestown Senior Center Upstairs

When: Tuesday, November 7th

Time: 1:00 PM

Cost: Free

Information regarding 2024 Blue Cross senior health
products.

FLU CLINIC

Flu Vaccination Clinic

Who: Adults, 18+

Where: Jamestown Senior Center, Upstairs

When: Thursday October 19th 2023

Time: 9 AM- 11:00 AM

Cost: Free

Appointment required. Vaccinations provided by Green
Line Apothecary.

Call Molly at 401 423 9804 for appt



Additional Resources

The Point, On-Site

Who: Adults Ages 62+ and disabled

Where: Senior Center, downstairs

When: Wednesdays 1:30-3:00 PM

Dates: October 18th, 2023, November 15th
,2023 &

December 20th 2023

Cost: Free

*Appointment required

Facilitator: Maria Sol Cuesta

Maria will assist with eligibility, application, referrals and resources for seniors and disabled. This includes assistance with; SNAP benefits, Health Insurance, Medicare Counseling, Pharmaceutical Assistance, Heating assistance , at at-home care and heating assistance.

**For October and November,2023
appointments are for Health Insurance
Counseling only**

**To make an appointment please call
Katie Jones at 401-846-7246 ext. 4**

LIHEAP (Low Income Heating Assistance) Programs

Who: Anyone (*eligibility is based on household income)

Where: Upstairs at Jamestown Senior Center *exception of November 16th's program which will be downstairs at the senior center*

Dates Include:

- Thursday, October 26th from 1-3 PM (sign-up), upstairs at center
- Thursday November 16th, 2023 from 10 AM-3 PM (downstairs for sign-ups)
- Thursday, December 14th, 2023 from 10 AM-3 PM (upstairs for sign-ups)

Cost: FREE

Come and learn about LIHEAP (Heating Assistance) and other valuable programs that could help you save money and energy! This program will have on-site LIHEAP enrollment assistance available.

Cyber Seniors Ipad Program: Intergenerational Technology

Program

Who: Adults Ages 55+

Where: Senior Center

When: Fall of 2023, Thursdays 12:30-4:30 PM

Cost: FREE

Device Access ,Internet Connectivity, Training Programs
& Online Content

This program offered to us by the University of Rhode Island helps increase technology access and decrease isolationism among older adults. The Ipad Cyber Senior Program is available due to partnership of industry, government, and community. The goal is to provide digital assistance for older adults, linking them to the technology and virtual opportunities that help you stay connected. The program is free for seniors. Participants will receive a free iPad and mentoring from a URI student.

Please call Molly Rose at 423-9804 to learn more about how to register.

Hand Massages

Who: Adults Ages 55+

Where: Senior Center, downstairs

When: Fridays

Time: Appointments made between 9:30 AM-11:30 AM

Cost: \$12, by appointment

Instructor: Edwina Cloherty

Having your hands massaged not only feels good, but can help ease muscle tension and may even reduce pain.

A Matter of Balance

Who: Adults Ages 55+

Where: Upstairs at Jamestown Senior Center

When: Beginning Wednesday November 8,2023

Time: 1:00 PM- 3:00 PM

Dates: 11/8/23, 11/16/23, 11/22/23, 11/29/23, 12/6/23, 12/13/23,
12/20/23 &12/27/23

Time: 1:00-3:00 PM

Cost: FREE

A Matter of Balance” is an award-winning program to reduce the fear of falling and improve activity levels among older adults. The program is eight, 2-hour classes presented to 8-12 participants led by trained coaches. The program enables participants to reduce the fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercise to increase strength & balance. The curriculum includes group discussions, problem solving, role-play, exercise training, assertiveness training, and homework assignments. You will learn the importance of exercise to prevent falls & practice exercises to improve strength, coordination, & balance.



Do not miss the following programs....

The Village Common of RI

Join us for lunch on Thursday, October 5th 2023 followed by a special dessert and presentation downstairs at the Senior Center!

The presentation will discuss more about The Village Concept.

The Village Common of Rhode Island (TVC) is a non-profit, volunteer-driven membership organization that aims to support older adults who wish to age in their home via a network of local villages - communities of mutual support - in Rhode Island.

*If interested please sign up with Eileen Donnelly by Monday, October 2 at 401-423-2658

Lunch is served at 11:45 AM

Fraud/Scams/SSI/Extra-Help

with Cheryl Tudino, MPAS Specialist

When: Thursday, October 26th 2023 at 10AM

Where: The Jamestown Senior Center (upstairs)

Call Molly to reserve a spot 401-423-9804

The Jamestown Fire Department

On Saturday, September 30th 2023 the Jamestown Senior Center will host the Jamestown Fire Department's Community Outreach and Support Team (COAST) from 12:00 PM-3 PM as they assist resident in creating a file of life. A file of life serves as a helpful reference for

EMS and contains an individual's important medical information. Residents are encouraged to bring a list of any medications as well as recent medical paperwork. The Jamestown Fire Department will provide all materials. There is no cost for this service and no appointment needed. The Senior Center is located at 6 West Street, Jamestown, RI.

With any questions in regards to this event please reach out to JFD COAST at 401-360-6636.

The Jamestown Fire Department would like to remind townsfolk there is a medical equipment loan closet in town.

It is well stocked with walkers, crutches, commodes, shower chairs, wheelchairs, braces and two hospital beds (with air mattresses). They also have an ample supply of adult diapers, bed pads and other supplies.

At present, the department is not accepting items due to limited space.

If interested, please call 360-6636 and leave a message.





ON THE ROAD

Lunch Trip to Greg's Restaurant

Who: Adults 55+

Where: Gregg's Restaurant, North Kingstown

When: Wednesday, October 4th, 2023

Time: Depart from the Senior Center at 11:30 AM

Cost: Transportation \$2, cost of lunch is on your own.

Newport Playhouse: Lunch, Play: Miracle on South Main St & Cabaret

Who: Adults 55+

Where: Newport Playhouse

When: Tuesday, November 28th, 2023

Time: Depart from the Senior Center at 11:00 AM

Cost: \$ 67

Newport Farmers Market Trip

Where: Embrace Home Loans Campus at 25 Enterprise Drive in Middletown

Time: Town bus will pick up participants at the Pemberton Apartments at 9:15 AM followed by the Senior Center at 9:25 AM (another pick-up location option)

Cost: FREE

After an hour-and a half of time to walk around to shop, the bus will head back to Jamestown.

The below trips are currently full. If you would like to be added to the waiting list please call 423-9804*

-Wright's Dairy Farm & Bakery Outing on 9/26

-Twin Oaks Lunch Trip on 11/14

SHOPPING TRIPS TO WALMART SUPERCENTER IN NORTH KINGSTOWN

Who: Adults 55+

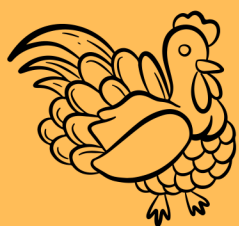
Where: Seniors will be picked up from their home and dropped back off at their home

When: Tuesday October 10th 2023, Tuesday, November 14th 2023 and Tuesday, December 12th

Time: Participants will be picked up at their homes around 9 AM

Shoppers will be allotted an hour and thirty minutes to shop at the Walmart Supercenter in North Kingstown. The Supercenter includes everything from household necessities, electronics to groceries. Reservations will be made up to 1 full business day in advance. Maximum limit is three reusable shopping bags per-person. Bags will be carried off the bus to each passenger's front door. Drivers are not permitted to enter a participant's residences. Space on the bus is limited to 12 passengers.

Please call Eileen Donnelly at 401-423-2658 to make a reservation to shop.



Thanksgiving Luncheon

**When: Thursday,
November 16th 2023**

***Live Music by Larry Lewis**

Doors open at 11:15 AM

Music Begins at 11:30 AM

**For Reservations, please call Eileen Donnelly
at 401- 423-2658. Reservations are due by
11/9/23. Space is limited.**



Update on the Senior Facility Public Forum

The Senior Advisory Committee members, Joseph Cannon, BJ Whitehouse, Karen Montoya, Joyce Watson O'Neil, and Emilie Tamboe, hosted a public community forum at the Jamestown Senior Center on Thursday, August 10th 2023. The advisory committee's goal was to discuss current programs provided to senior citizens in Jamestown as well as hear recommendations from the public in regards to what kind of programs they would like to see offered at the center.

Molly Rose, Senior Services Director, spoke to the crowd of 40+ attendees about the senior center's current programs as well as program challenges the senior center faces. Town Administrator, Ed Mello, addressed the ongoing assessment of the current senior center facility (6 West Street), as well as the former ambulance barn, located at, 11 Knowles Court, as potential senior center sites. The architecture firm, Union Studio, led by a fellow Jamestown resident Don Powers, is currently assessing both of the above sites to see which building could better serve our citizens. At the senior forum, Ed Mello made a point to address that the Town is also open to suggestions, as well as other potential sites as we become aware of other locations.