

Fall 2024



**Exciting Updates Coming to the
Jamestown Senior Center!**



We are thrilled to announce that Jamestown Senior Center is upgrading to a new and improved software called, My Senior Center! My Senior Center is a software, used by senior centers nationwide, that enhances how we can keep track of events, manage memberships, take payments, and communicate with our senior center participants via phone, text and email. The My Senior Center software provides valuable data and reports on facility usage, meal service, participant engagement, program popularity, and finances. Generating reports on this software helps us better staff our facility, plan programs, and manage our budget.



What Does This Mean For Me?

1. Enhanced Communication: If you currently receive emails from us that incorporate the Town of Jamestown’s seal on a blue background, it means you are indeed receiving emails from this new software, My Senior Center. If you do not please contact 401-423-9806 and we will create a member profile for you!

My Senior Center platform features:

- Key-fobs for check-in
- Online Registration
- Online Payments
- Emails containing flyers, messages with program reminders

2. Accurate Information: To ensure the new system works seamlessly, we need your help! Some of our records may have outdated or incorrect contact information.

Please fill out the form found on the last page of this newsletter to ensure that our database has the most accurate information. Contact us by calling 401-423-9806 or by email at edonnelly@jamestownri.net

3. Key Fobs: Each participant will receive a key fob, containing a unique identifier that will be used to sign in for meals and activities. **This code will also enable you to register for events and meals through MyActiveCenter, a free service accessible online at- [MyActiveCenter](<https://myactivecenter.com>).**

4. Join Us for an Informative Session on October 30th: We will be hosting a **My Senior Center education session on Wednesday, October 30th 2024 at 10 AM.** Everyone who attends will automatically be entered into a raffle, with the chance to win some great prizes!



JAMESTOWN SENIOR
CENTER
6 WEST STREET
JAMESTOWN, RI 02835
SENIOR CENTER
DIRECTOR
MOLLY ROSE
MCONLON@JAMESTOWN
RI.NET
PHONE: (401)-423-9804
WEBSITE:
JAMESTOWNRI.GOV
CONGREGATE MEAL SITE
MEAL SITE
NUMBER:
401-423- 2658
MEAL SITE MENU CAN BE
FOUND
IN THE JAMESTOWN
PRESS WEEKLY
MEAL RESERVATIONS
REQUIRE 48 HRS
NOTICE
SENIOR CENTER HOURS:
8:30 AM-4:30 PM
CLOSED WEEKENDS AND
HOLIDAYS

ATTENTION!! CONTEST ALERT!

HELP US NAME OUR NEW PORTABLE
KIOSK AT THE JSC
(SEE PICTURE TO THE RIGHT)



My Senior Center Kiosk

HOW TO ENTER! SUBMIT YOUR SUGGESTIONS IN ONE OF THE
FOLLOWING WAYS:

- VIA EMAIL USING EDONNELLY@JAMESTOWNRI.NET
- STOP BY THE OFFICES AT THE JAMESTOWN SENIOR CENTER
- VIA MAIL USIUNG 6 WEST STREET, JAMESTOWN, RI 02835

**WINNERS WILL RECEIVE TWO FREE TICKETS TO THIS SPRINGS SENIOR
PROM.**

WINNERS WILL BE ANNOUNCED AND CONTACTED ON HALLOWEEN.

SUBMISSIONS ARE DUE BY 10.30.24 FOR A CHANCE TO WIN!
YOUR PARTICIPATION AND FEEDBACK ARE CRUCIAL AS WE TRANSITION TO
THIS UPGRADED SYSTEM. WITH YOUR HELP, WE WILL BE ABLE TO BETTER
SERVE YOU AND OUR COMMUNITY!

THANK YOU FOR YOUR CONTINUED SUPPORT AND ENTHUSIASM!

WARM REGARDS,
-JAMESTOWN SENIOR CENTER

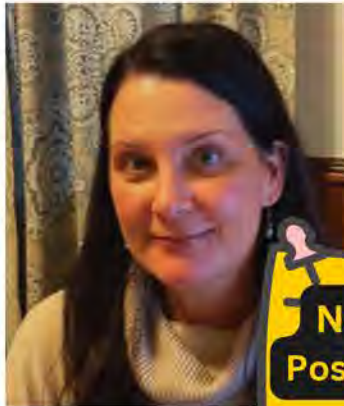


SENIOR CENTER STAFF



Molly Rose
Director of Senior Services
401-423-9804

mconlon@jamestownri.net
Molly has worked in the Senior Services Department since September of 2021. Prior to this role, she worked for the Jamestown Parks and Recreation Department. Molly has worked fulltime with the Town since 2012.



Eileen Donnelly
Assistant Programmer
401 423-9806

edonnelly@jamestownri.net
Eileen has been with the Senior Services Department for over two years and has recently moved to a new role as, Senior Program Assistant. This is a brand new position within our Department. Stop by and say hello!



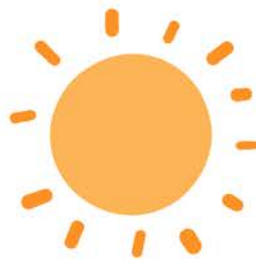
Joanne Walsh- Arouth
Dining Service
401-423-2658

Please welcome Joanne in her new role as Mealsite Supervisor!
Joanne is the mom of three girls and is a retired Healthcare Professional who resides in Narragansett with her husband.





*Photos from the 2024
Fort Getty Summer Picnic
Food, Music, Camaraderie*



Exercise Programs

Bone Strength & Balance October

Wednesdays

Where: Jamestown Recreation Center

Dates:

10/2/24, 10/9/24, 10/16/24,
10/23/24, 10/30/24

Time: 10:15 AM - 11:15 AM

Cost: \$25

Bone Strength & Balance October

Fridays

Where: Jamestown Recreation Center

Dates:

10/4/24, 10/11/24, 10/18/24, 10/25/24

Time: 10:30 AM - 11:30 AM

Cost: \$20.00

Bone Strength & Balance November

Wednesdays

Where: Jamestown Recreation
Center

Time: 10:15 AM - 11:15 AM

Dates:

11/6/24, 11/13/24, **No Class 11/20/24**, 11/27/24

Cost: \$15.00

Bone Strength & Balance November

Fridays

Where: Jamestown Recreation Center

Dates:

11/1/24, 11/8/24, 11/15/24, 11/22/24

No Class 11/29/24

Time: 10:30 AM - 11:30 AM

Cost: \$20

Bone Strength & Balance December

Wednesdays

Where: Jamestown Recreation Center

Time: 10:15 AM - 11:15 AM

Dates:

12/4/24, 12/11/24, 12/18/24, **No Class 12/25/24**

cost:\$15

Bone Strength & Balance December

Fridays

Where: Jamestown Recreation Center

Time: 10:30 AM - 11:30 AM

Dates: 12/6/24, 12/13/24, 12/20/24, 12/27/24

Cost: \$ 20

Bone Strength & Balance December

Wednesdays

Where: Jamestown Recreation Center

Time: 10:15 AM - 11:15 AM

Dates:

12/4/24, 12/11/24, 12/18/24, **No Class 12/25/24**

cost:\$15

Bone Strength & Balance December

Fridays

Where: Jamestown Recreation Center

Time: 10:30 AM - 11:30 AM

Dates:

12/6/24, 12/13/24, 12/20/24, 12/27/24

Cost: \$ 20



Heart-Wise Walking

Who: Adults Ages 55+

Where: Meets at Senior Center, 6 West St.

When: Mondays, Wednesdays & Fridays

Time: 9:00 AM - 9:30 AM (approx.)

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 (401)-423-1617 for questions.



Tai Chi for Arthritis

When: Mondays

Where: Jamestown Senior Center

Time: 9:00 AM

Dates: Ongoing

No Class on Oct 14, Nov 11,

Dec. 24t Dec.31, Jan. 20 & Feb 17

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.



NEW PROGRAM

Everybody Yoga

Where: Jamestown Senior Center

Time: 9:15 AM-10:15 AM

Dates: Thursdays: 1/23/25, 1/30/25, 2/6/25, 2/13/25, 2/20/25,
2/27/25, 3/6/25 & 3/13/25

Cost: \$75.00 for 8 weeks or \$10 per class

Instructor: Laura Clarke, Certified Yoga Instructor



Have you always wanted to try yoga, but felt intimidated? Perhaps you've practiced yoga in the past and are now nervous about hurting yourself?

Join us for Everybody Yoga this Winter! This class is informal. Please wear clothing you feel most comfortable in.

Yoga is an inside job so modifications and props will be on hand to assist with limitations in wrists, spine, shoulders and hips.

Participants should be comfortable getting down and up from the floor. If you have a yoga mat, please bring it with you to class.



Exercise Programs Continued...



Chair Yoga

Who: Adults 55+

Where: Upstairs at the Jamestown

When: Mondays

Dates:

9/23/24, 9/30/24, 10/7/24, NO CLASS 10/14/24,
10/21/24, 10/28/24, 11/4/24, NO CLASS 11/11/24,
11/18/24

Time: 1:00 PM - 2:15 PM

Cost: \$30

Instructor: Linda Morse

Have you been interested in participating in yoga but feel a bit uneasy about getting up and down from the floor? Have you been interested in improving your flexibility and strengthening? Chair yoga can benefit you in similar ways to floor yoga. Come join - no experience required.

Zumba Gold

Who: Adults Ages 55+

Where: Jamestown Senior Center

Dates:

10/29/24, 11/5/24, 11/12/24, 11/19/24, 11/26/24,
11/12/24, 12/3/24, 12/10/24

Cost: \$40 for 8 weeks/ \$5 drop-in fee

Instructor: Ellen Cullom

Looking for a way to stay active? Zumba is a Latin & International rhythms

based fitness program that is easy & fun! Low-impact and suitable for a wide range of fitness levels. No experience needed.



*NEW

PROGRAM



Movement Mobility Class

Who: Adults 55+

Where: Jamestown Senior Center

Time: 11:15 AM-Noon

Dates: 11/7/24, 11/14/24 & 11/21/24 & 12/5/24

Cost: \$20.00

Instructor: Patty Brearly

Movement Mobility is led by Patty Brearly. Patty Brearly holds a BS in Exercise Science and Human Performance, as well as an AS in Physical Therapy. She is a Certified Personal Trainer through NASM. Movement Mobility is set to music and encourages total body range of motion, activity tolerance, balance, and coordination. This class will begin seated and then progress to standing, using the chairs for balance assistance.



Ongoing Health Clinics

Wellness Check-Ups w/ RN Lisa from South County Health

Who: Adults Ages 55+

Where: Senior Center

When: First Tuesday of each month

Times: Appointments: 10:00 AM - Noon

Upcoming Dates:

November 3, December 3, 2024 & January 7, 2025.

Services: Blood pressure and consults, no charge.

It's a great opportunity to ask a nurse about your health status, medications, etc.

For an appointment: Call Eileen at 423-9806



Hand Massage and Reiki

Who: Adults 55+

Where: The Jamestown Center (upstairs)

When: Fridays *no apts. on 11/29/24

Time: 9:30 AM - 11:30 AM

Cost: \$20

Details: Hand Massage - to relax your body and

Reiki - to calm your spirit

Enjoy both with Edwina Cloherty.

Appointment: Call Eileen at 423-9806



Hand or Foot Reflexology

Who: Adults 55+

Where: Jamestown Town Hall, Conference Room

When: November 18, 2024, December 16, 2024

Time: Appointments 12:30 PM - 3:30 PM

Cost: 30-minute session / \$30 (cash or check)

Certified Reflexologist: Mary Chapman

Details: Reflexology is an integrative health practice. that uses unique manual techniques to deliver pressure to neural pathways, assisting the body to function optimally.



UnitedHealthcare Open Enrollment Info

Where: Recreation Center Lobby, 41 Conanicus Ave.

When: Wednesday, November 6th 2024

Time: 10:00 AM-11:45 AM

Visit a United Healthcare representative to ask questions during the annual enrollment period which is October 15th-December 7th. Lori Meo from United Healthcare will have a table inside the recreation centers lobby to assist and answer any questions. No appointment is needed.

Cards, Games

Creative Endeavors and more!

BINGO Hosted by: Friends of the Jamestown Seniors

Who: Adults 55+
 Where: Jamestown Senior Center, Upstairs
 When: Fridays Time: 1 PM - 3/3:30 PM
 Bingo, laughs, treats and cash prizes!

BINGO				
11	30	45	52	66
2	18	37	54	75
5	16	34	46	70
13	26	39	49	61
9	25	44	60	73

Bridge (for experienced players)

Who: Adults Ages 55+
 Where: Senior Center
 When: Tuesdays from 1:00 PM – 3:30 PM
 Dates: Ongoing
 Cost: No Cost
 Registration: Please call 423-9806. Volunteer facilitators connect with players weekly to ensure full tables of play.



Mah Jongg (for experienced players)

Who: Adults Ages 55+
 Where: Senior Center
 When: Tuesday Evenings from 4-6 PM
 & Friday Mornings from 9:30-11:30 AM
 Cost: No Cost



Details: 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.

Rusty Pens Writing & Storytelling Workshop

Who: Adults Ages 55+
 Where: Jamestown Library *new location*
 When: Mondays, Ongoing
 Time: 10:30 AM - 11:30 AM
 Cost: FREE



Activate the writer within and your memories of life's experiences. This creative writing workshop is designed to elicit reflections on your own stories, memories, or new ideas. Beginners are welcome & those who simply wish to write for fun. P.S. There is no homework!

Dried Flower Wreath Workshop

Thursday October 10, 2024
 Bus will depart from Jamestown Senior Center at 10:00 AM
 Class begins at 10:30
 (Rain-date: 10/15/24 @ 1:00 PM)
 Dress in layers as the workshop will be outside.
 Make a wooden or metal wreath wrapped with jute and decorated with dried flowers with Sallie Sirhal.
 Workshop fee: \$18 per person
 RSVP by October 7, 2024 to Eileen at 401 423 9806



Maria from The POINT (Office of Healthy Aging)

Dates: October 16, 2024
 November 20, 2024
 Time: 1:30-3PM



Medicare Open Enrollment
 SHIP: State Health Insurance Programs
 Unbiased, Free, Medicare Counseling
 Appointments Required
 Call Eileen at 401 423 9806

Haircuts for Men and Women

By Licensed Hair Stylist & Barber Anita Dalton, owner of Anita's Haircuts
 Who: Adults 55+
 Where: The Jamestown Senior Center
 When: October 31, 2024
 Appointments 9:00 AM - 1:00 PM
 Men & Women's haircuts
 Cost: \$20 for women & men's cuts
 Call Anita at 401-363-1194 to schedule an appointment. Walk-ins welcome.
 Anita has been licensed for over 30 years!



Enchanted Holiday Boxwoods Floral Arranging Class

Time: 1:00 PM-2:30 PM
 When: Thursday, December 12th, 2024
 Where: Upstairs
 Cost: \$27.00 per person.



Are you looking for an exceptional holiday centerpiece? Do you yearn for something truly out of the ordinary? Look no further! Please join us as we create exquisite miniature "boxwood trees". Participants will use fresh foliage, floral foam, and an array of tiny decorations to design this stunning evergreen masterpiece.

Monthly Fluid Art with Coffee Bell

Date: Tuesdays
 10/15/24, 11/12/24, 12/10/24
 Time: 1:30-3:30/4 PM
 Cost: \$5.00 per person
 Learn how to create "fluid art" with local artist, Coffee Bell. Fluid art is a fun, abstract expression made with acrylic paint. All paint, canvas and necessary tools will be provided. The creativity will flow and anything goes.



Conga/ Bongo Drumming Circle Class

NEW PROGRAM
 4 Week Program
 with John Belisle, MA
 Wednesdays 4-5 PM
 10/9/24, 10/23/24, 10/30/24, 11/6/24
 upstairs at the JSC
 cost \$40



John leads the group in an engaging, fun way that has you keeping the beat in no time!

On The Road Again...Day Trips!



Monthly Shopping Trip to Wal-Mart

Where: Seniors will be picked up at their home(s)

Upcoming Dates: 11/13/24; 12/11/24

Shoppers will be allotted 1.5 hours at the Walmart Super Center in North Kingstown.

The Super Center includes everything from household necessities, electronics to groceries.

Reservations will be made up to 1 full business day in advance. Maximum limit is four 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 13 passengers.

TO SIGN UP FOR ANY OF THE SHOPPING EXCURSIONS CALL: 401-423-9806 or email EDONNELLY@JAMESTONRI.NET



Olive Garden

Date: October 23rd

Time: Bus will leave the senior center at 11:00 AM for Olive Garden in Warwick, RI.

Join us for a trip for some delicious Italian food!

Cost of lunch is on your own.

To sign up, call Eileen at 423-9806 or email edonnelly@jamestownri.net.

Rough Point Mansion and Lunch at Atlantic Grille

When: October 16th

Join us as we travel to Newport for a tour of Doris Duke's home, Rough Point. Explore the house, the fine and decorative arts and fashion collections, and a historic landscape with panoramic views of the Atlantic Ocean. The tour will be self-guided and is free for Newport County residents. We will leave the Senior Center at 9:30 am and will have lunch at Atlantic Grill following our tour (cost of lunch is on your own).

To reserve a spot, contact Eileen Donnelly at 401-423-9806 or edonnelly@jamestownri.net



ROUGH POINT MANSION



Ms. Duke looking out from Rough Point Mansion
As Newport is very much a summer town, Doris would eventually come back to Rough Point most years during the summer months. She inherited the home at 12 years old and would eventually keep it through to her death at age 80. Shortly before she died, she famously purchased two camels named Princess and Baby, who resided at Rough Point. Today, you can see topiaries cut in the front lawn to resemble them.



Today, you can see topiaries cut in the front lawn to resemble the two camels famously purchased by Doris Duke. In the last decades of her life, Ms. Duke made numerous contributions to the town of Newport, including the foundation of the Newport Historical Society alongside Jacqueline Kennedy Onassis. To this day, she remains one of Newport's most prominent figures.

More Outings!

★★★★★ "Quite simply brilliant!"



★★★★★ "Hands down the best experience of live music I have ever experienced."



The Rock Orchestra By Candlelight

Date: Sunday, December 8, 2024

Bus will leave JSC at 7PM, Show begins at 8 PM

Veteran's Memorial Auditorium

Cost: \$25.00 per person

RSVP by December 1, 2024 to Eileen at 401-423 9806

Following sell-out tours of Europe and USA, The Rock Orchestra by Candlelight returns with an epic, new 90-minute concert, breathing beautifully dark energy into legendary Rock & Metal. In ethereal candlelit settings, this band of 14 classical musicians unleash effortlessly enchanting melodies alongside powerful walls of distortion. Witness the unexpected union of Classical music and Metal.



CHRISTMAS WITH THE CELTS

Date: Sunday, December 22, 2024

Greenwich Odeum

Bus will leave JSC at 6 PM, show starts at 8 PM

Cost: \$55 per person

Audiences are treated to a memorable mix of music, dance, humor, and interaction. The show blends modern Christmas hits, spirited Irish carols, thrilling Irish dancing, spontaneous jokes, and heartfelt ballads, creating an unforgettable experience. Founder Ric Blair says, "Christmas with the Celts isn't just a concert; it's a spiritual experience of music and dance uniting communities. It's about bringing young and old together."



GOOD TO KNOW INFORMATION/RESOURCES

JFD COAST

The Jamestown Fire Department
Community Outreach & Support Team
Available for Jamestown Residents
offering:

Health Education
Home Safety Check

Connection to medical, behavioral &
substance use disorder support services
Assist with completion of FILE of LIFE
Transportation as available for medical
appointments and at discharge from South
County or Newport Hospital if transported
by ambulance

Call 401-423-5904 for assistance.



JFD's Medical Equipment Loan Closet

Location: Jamestown Fire Department,
Narragansett Ave.

Available Items: Walkers, crutches,
commodes, shower chairs, wheelchairs,
hospital beds, Hoyer lifts, adult
briefs/pull-ups, bed pans, and more.

Contact: Jamestown Fire Department
(COAST) at Call 401-423-5904 for inquiries
or
donations.

Jamestown Senior Services Advisory Committee

Chair: BJ Whitehouse
(bwhitehouse2@cox.net)

Co-Chair: Joseph Cannon Jr.
(josephcannonjr1943@cox.net)

Secretary: Karen Montoya
(karenm60@cox.net)

Members:

Joyce Watson O'Neil
(roneil1083@gmail.com), Emilie Tamboe
(emschaller@hotmail.com)

Ex Officio Members:

Nancy Beye, Town Council President &
Committee Liaison (jtownelc@aol.com),
Molly Rose, Senior Services Director

Friends of Jamestown Seniors, 501c-3

2024-2025 Board of Directors

Fernando Pereira, President
(Fpereira1@cox.net)

Larry Bartley, Treasurer
(Lbjr@cox.net)

Leslie Kurtz, Treasurer
(Lesliekurtz682@gmail.com)

Cynthia Smith, Secretary
(Cynthia.smith07@gmail.com)

Ron Lurgio

(lurgior@gmail.com)

Elizabeth Di Censo

(elizabethDiCenso@gmail.com)

Coffee Bell

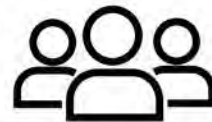
(mzcoffeebell@gmail.com)

Cecilia (Lea) Verta

(Cnverta@gmail.com)

Eileen Tiexiera

(etiexiera@aol.com)



The Jamestown Village

Jamestown is in the process of becoming a
Village, within The Village Common of Rhode
Island (TVCRI). The tag line of this non -profit
entity is,

“Aging Better Together”.

A Village is based on the concept that volunteers
can assist seniors to age in place by offering
transportation, technology assist, friendly home
visits or phone calls, and more.

The Village will have members who receive
services and volunteers who provide services.
You can even be a volunteer AND a member if
you'd like!

Membership is a pay what you can model. This is
a “neighbors helping neighbors” program aimed
to be a resource that can help us all age safely in
Jamestown.

**At this time The Jamestown Village is
actively accepting applications for Village
Volunteers .**

**Please contact 401-288-8683 if interested.
To read more about The Village Common
please visit:**



<https://www.providencevillageri.org/>



SAVE THE DATE



Please join us for a



HALLOWEEN

Senior Spooky Stroll



31 OCTOBER



The fun will begin at 12:30pm at the Jamestown Senior Center. Join us as we stroll down Narragansett Avenue for trick or treating and spooky fun with local businesses. After we make our way back to the Senior Center, we will be entertained by the Jamestown Ukulele Group and enjoy some sweet treats, coffee, and raffle prizes.

Costumes encouraged!!!

Contact Eileen at 423-9806 or at edonnelly@jamestownri.net with any questions.



All who attend the senior stroll are automatically entered into the raffles!

Thanksgiving Lunch
 Jamestown Senior Center
 November 21st 2024
 11:30 AM
 Cost: \$5.00
 Call 401-423-9806 to
 make a reservation



Winter Holiday Luncheon
 Jamestown Senior Center
 December 19th 2024
 11:30 AM
 Cost: \$5.00
 Call 401-423-9806 to
 make a reservation



MySeniorCenter Information Session
 Date: Wednesday, October 30th
 Where: Jamestown Senior Center
 Time: 10 AM-10:45 AM
 My Senior Center education session on Wednesday,
 October 30th 2024 at 10 AM. Learn about our new software
 we will be switching over to & receive your personal key
 fob! Everyone who attends will automatically be
 entered into a raffle, with the chance to win some great
 prizes!



Gentle Beacons and Their Keepers
Free Historic Lecture by Brian Wallin

Thursday, October 17th at 1 PM
 at the Jamestown Senior Center

For three centuries, North American coasts have been guarded by light stations maintained by generations of brave men and women. They often faced treacherous weather, isolation and, for many years, poor pay and less than dependable technology. Through it all, they kept the lights shining. This richly illustrated program traces the history of lighthouses from the Pharos of Alexandria (c.300BC) to modern times and includes numerous rare images. The presentation also features lighthouses and lightships that guarded the waters of RI, since they reflect the evolution of aids to navigation over the centuries. But, light stations and their equipment are mere objects without the dedicated men and women who built, operated and maintained them often under life-threatening conditions. Their stories are representative of all who have served in this unique profession. Although technology has to a great degree replaced the need for traditional light signals and all remaining American lights are automated (although one does have a resident keeper), these beacons still fulfill a need and enjoy a special place in history. This is the story of their contributions and their legacies. **Join us for this FREE lecture!**

things we've been up to.....



WHEN TO ENROLL IN PART C & PART D
 Turning 65
 Individual Enrollment Period (IEP)

MY SENIOR CENTER FORM

Please submit completed forms via mail, email or in-person using the below contact information:

Jamestown Senior Center

Attn: Eileen Donnelly

6 West Street, Jamestown, RI 02835

Eileen Donnelly, Senior Services Program Assistant

Email: Edonnelly@jamestownri.net

Eileen's Direct Line: 401-423-9806



First Name:

Last Name:

Nickname:

Date of Birth:

Home Phone:

Cell Phone:

Email :

Address :

**Allergies, Disabilities,
General Notes, etc.:**

Emergency Contact Name:

Emergency Contact Relation:

Emergency Contact Number:

