

FREE

SENIOR DIGEST

Volume 1, No. 1

May 2004

Bridging Generations

Travel can bring you closer to your grandchildren

By Herb Weiss
For Senior Digest

Once upon a time, seniors' interests, hobbies or life experiences were major factors in choosing where to go on vacation.

Today, however, the type of households in which their children live is another element influencing vacation plans for active seniors.

Ge-parents and partners of two-income households, of which there are a growing number, can find it difficult to take time off from work. So their parents often step up to the plate and take the kids in the household on vacation.

In other words, active seniors who have greater discretionary incomes are taking their grandchildren on vacation. Trips are merging generational lifestyles, giving grandparents and grandchildren time to get to know each other a little bit better.



Submitted photo

Vacationing seniors enjoy biking on a sunny beach with their grandchildren

According to a soon to be released Travel Industry Association study, a growing number of seniors are now traveling with their grand-

children, which also strengthens intergenerational bonds and relationships.

The national travel study found that 17 percent of the

estimated 93.2 million adults who took family trips in 2003, included grandchildren on those excursions,

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Senior Digest hits the streets

Greetings and thank you for picking up Senior Digest, a new free monthly publication containing news, photos, commentary and listings of interest to people age 50 and older.

Senior Digest is a product of Olivia Publications in Pawtucket. Twenty thousand copies of the paper will be distributed in the communities it serves - Pawtucket, Central Falls, Lincoln, Cumberland, Woonsocket, East Providence, Barrington, Bristol, Warren, North Providence, Providence, Attleboro, Seekonk and Rehoboth.

Paul V. Palange, former publisher of The Times in Pawtucket and The Call in Woonsocket, is the editor and publisher of Senior Digest and is working closely with one of Rhode Island's foremost experts on aging and health issues, Herbert Weiss.

Weiss is the economic and cultural affairs officer in the Pawtucket Department of Planning and Redevelopment. Prior to joining the department, Weiss worked for 25 years as a journalist, concentrating on issues in the aging, health care and medical fields. He also

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Fogarty pushes Co-Pay funding

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Movin' & groovin' at the YMCA

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Central Falls center has it all

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Travel

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says Brian Kightlinger, director of Meredith Travel Marketing. The year before, only 9 percent of the traveling adults brought along their grandchildren, he said.

Discretionary income combined with grandparents wanting to spend quality time with the youngsters are fueling the demand for intergenerational travel, says Kightlinger.

"With two parents working, grandparents are taking on a more

active role with vacations," he says.

Even the American Automobile Association's (AAA) recognition of the emerging intergenerational travel niche was clear to see when the nation's most widely recognized travel club launched its Ready, Set Travel! series.

When Helena Koenig became a grandmother 18 years ago, she created Grandtravel at her Chevy Chase, Md. travel agency to plan itineraries for seniors and their grand-

children. The travel agent combined 34 years of working in the industry with her new experience of being a grandparent.

Koenig says that Grandtravel's goal is to "help grandparents create lasting memories for themselves and their grandchildren." To encourage this bonding, no moms and dads are allowed on any of the 24 domestic and international trips, usually scheduled during Christmas and summer school breaks. When Koenig established Grandtravel in 1986, she only offered three trips.

Banning parents from Grandtravel trips allows the oldest and youngest generations to get to know each other better, Koenig notes, adding that travel is a great way for grandparents to transmit a "cultural inheritance" to their grandchildren.

Today, Grandtravel's domestic offerings include the Grand Canyon, Alaska, Western Parks, New York and Dinosaur Discovery. International offerings include trips to England, Ireland and Scotland, Italy, Australia, Southern Africa,

France, Peru, Kenya and Austria. "Grandtravelers" can even take a Transatlantic passage on the Queen Mary 2 to London and Paris or to Ireland, Scotland and England.

Grandtravel trips can last from seven days to two weeks, costing from \$3,000 to \$8,000 per person.

For travelers who want to get to know their grandchildren better, only groups of 20 are booked on the company's worldwide itinerary, says Koenig. These trips accommodate children of similar ages whenever possible.

Other companies are following Grandtravel's lead. Disney Cruise Lines is placing a greater importance on appealing to multigenerational travel, says Christi Erwin, a spokesperson for the Port Canaveral, Fla. company. "More than half of our guests now travel in multigenerational groups," Erwin said.

Responding to customer suggestions, Disney Cruise Lines has created several new areas to accommodate the interests of different ages within the teen and adult groups, says Erwin. The Stack is a new area for teens located in the ship's forward (faux) funnel atop Deck 11, and on board programming is designed for specific age groups.

Erwin says at Studio C, considered the hub for family entertainment, grandparents and their grandchildren can attend dance parties and participate in sing-alongs and trivia-based games.

Day or night, the intergenerational travelers can even see first-run movies in the Buena Vista Theatre, says Erwin, who adds that the recently released Home on the Range just premiered at the theater.

At the larger Walt Disney theater, both old and young can watch Disney movies, too, but also can attend special afternoon matinees of stage shows.

A daily schedule of events is delivered to every stateroom. "This type of programming gives grandparents more flexibility to plan the type of activities they want to participate in," Erwin says.

Even with specific programming geared to children and family-centered activities, grandparents can slip away to recharge their batteries at

PLANNING YOUR TRIP

Here is a listing of resources to check out when planning a vacation with grandchildren:

- GrandTravel -- For a catalog, call 1-800-247-7651 or e-mail Grandtravel@academic-travel.com.
- Disney Cruise Lines -- To book a vacation, call 1-888-325-2500 or visit the web site at www.disneycruise.com.
- Blackstone Valley Visitor Center -- For information on 2004 Elderhostel courses, call 401-724-2200; or e-mail valleytourinfo@aol.com.
- AARP -- Members can enjoy savings at selected national parks and hotels and on transportation and some cruise lines. Many hotels that offer AARP discounts also have a child and grandchild stay free policy. For more information, visit www.aarp.org/benefits.
- The American Zoo and Aquarium Association -- This nonprofit organization offers a list of zoos and aquariums located nationwide. To obtain a list, contact www.aza.org.
- National Park Service -- This federal agency provides information on park locations, hours, tours and other things that you and your grandchildren can experience in national federal parks. For more information, contact www.nps.gov.
- American Automobile Association -- Traveling with Your Grandkids of AAA's Ready, Set, Travel! series is available at AAA offices or can be ordered online at www.aaa.com

the Quiet Cove pool, Cove Café lounge, Vista Spa and Salon or the Palo restaurant.

Costs for three-day (\$409 per person), four-day (\$509 per person) and seven-day (\$829 per person) cruises include room, meals and entertainment. Those prices exclude federal taxes and tips.

Established in 1975, Elderhostel, the nation's first and the world's largest, travel and educational organization for adults age 55 and over, views the world as it's classroom. Each year, 200,000 seniors enroll in over 10,000 program offered by this nonprofit organization in more than 100 countries.

Mary Harrington, Elderhostel administrator at the Blackstone Valley Tourism Council, will be offering eight Elderhostel courses from July to October, two specifically designed for grandparents and grandchildren...

Harrington says participation in this program usually ranges from 25 to 45 seniors. Ten slots are put aside for local commuters who wish to attend the program but do not need hotel accommodations.

From Aug. 5-9, Kayaking, Biking and Hiking Along the

Blackstone River (four nights) allows physically active hostellers and "grandfriends" ages 11 to 14 to explore sections of the 46-mile river. With a naturalist and a historian on the hike, both old and young participants will learn more about the plants and creatures that inhabit the riverbanks and local Algonquian history.

No kayaking experience is necessary, says Harrington, stressing that instruction and guidance will be provided. Kayaking, biking and hiking trips are two to three hours long and moderately paced. Bikes, helmets and easy access kayaks will be provided, she says.

Harrington promises that history will come alive in the Elderhostel course, History as a Great Story: Colorfully Told and Not Just for Kids (five nights). Designed for children ages 9 to 12, the course sheds light on the Ocean State's dazzling history. Field trips will take the participants to an 1870 lighthouse and early 19th century coastal fort in Newport. Children will enjoy riding an 1895 carousel at Slater Park and even learn a little bit about the Industrial Revolution started at Slater Mill in Pawtucket.

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FREE SENIOR DIGEST

Volume 2, No. 1

YOUR SOURCE FOR INFORMATION & COMMENTARY

May 2005

Older Americans have plenty to give

By Herb Weiss
For Senior Digest

Thanks to medical advances and healthier lifestyles, many people's retirement years now stretch on for decades.

The National Council on Aging's Celebrate Long-Term Living theme for Older Americans Month, which is in May, acknowledges that living longer can be a time to reach out to help others, to learn new things or to continue working at a labor of love.

Here is a sampling of seniors celebrating long-term living.

Lifelong Farmers

Just 15 minutes from Pawtucket off Route 118 in Attleboro, you will find

Ruth and George Handy hard at work in their seven greenhouses, helping scores of plant lovers.

George and Ruth own and operate Fine Farms, building up a customer base through word of mouth, publicity and a Web site — www.finefarms.com. Customers, the owners said, come from as far away as New York, and most leave with their motor vehicles stuffed with plants.

Some people can't wait to relax in their later years. Others such as the Handys continue to work because they enjoy it.

"Most people think we go south for the winter, but we work hard 11 months out of the year," says Ruth, a tanned, small figured woman. Together Ruth and George, who have a 37-year marriage, maintain 120 acres by themselves. The

land has been in Ruth's family since 1903.

"We're never going to retire. We love what we do," says Ruth. But it's not a life for everyone, says the 70-year-old farmer's wife. George, age 68, begins his long day at the family farm at 4:30 a.m. and comes to supper around 9 p.m. George estimates that this year he's planted 25,000 four-inch pots, 35,000 compressed fiber containers and 3,500 hanging baskets. He began planting in January. In March, the transplanting of the seedlings began.

In between planting, harvesting and manning The Corn Crib farm stand for 15 years, Ruth has worked as part-time water aerobics instructor at the Attleboro YMCA. This year, she will teach rigorous chair exercises for those who can't



Submitted photo

Ruth and George Handy, two older active Americans, are all smiles at their business, Fine Farms in Attleboro.

See Celebrating, page 6

**Shriners
shine on
children**

— Page 23



**'The young man knows
the rules, but the old man
knows the exceptions.'**

— Oliver Wendell Holmes



**Anne Frank
center stage
at URI**

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Calendar

Continued from page 18

**Rev. Gordon N. Larson
Senior Center
25 South Main St.
Attleboro
(508) 223-2235
ONGOING**

Monday – Exercise class, 8:20 a.m., \$1.50 per class; tai chi, 1-2 p.m., \$3.50 per class.

Tuesday – Writers workshop, 9:30-11 a.m.; chair yoga fitness class, 10 a.m., \$2.50 per class.

Thursday – Walking program, 8:20-9:20 a.m.; Thursday afternoon movies, 1 p.m.: *Like Mike*, May 5; *The Notebook*, May 12; *Gone With the Wind, Part I*, May 19; *Gone With the Wind, Part II*, May 26.

Friday – Watercolor class, 9:30-11 a.m., \$30 for a six-week session; line dancing, 1 p.m., \$3 per class.

SPECIAL EVENTS

(Unless otherwise noted, registration is necessary for all upcoming programs. Most activities are free, and all are open to the public. Some programs require minimum attendance. You will be called if a program is canceled or postponed due to low enrollment. To sign up, call (508) 223-2222, extension 3316, or (508) 223-2235. Assisted listening devices are available for all programs.

May 3 – **Walk with Ease** program with Suzanne Gauthier from the Arthritis Foundation, 10 a.m.

May 4 – **Spring fling at the Elks**, 11 a.m.-1 p.m. No programs at the center that day.

May 9 – **Podiatry clinic**, 8 a.m.-noon. Call for an appointment.

May 9 – **TRIAD** program, **fall prevention** with Joan Guerrero from the Community Visiting Nurse Agency, 10 a.m.

May 9 – **Discussion group**, 10:30 a.m.

May 10 – **Craft workshop**, 10 a.m. Come make an earthenware bookmark decorated with beads and ribbons with certified art teacher Daryl Harwood. Supplies will be provided. The fee is \$5 per class.

May 11 – **Blood pressure & diabetes screenings**, 9:30-11 a.m. Diabetes screenings are 50 cents, and blood pressure screenings are free. Walk-ins accepted.

May 12 – Senior health series, **grief gender and cultural diversity** with guest speaker Dr. John Tormey

May 18 – **Hearing aid**

cleanings and minor repairs, 1-2 p.m. Call to sign up.

May 19 – **Free kidney screenings**, 10 a.m.-2 p.m. at St. Joseph Church, 108 South Main St., Attleboro. Light refreshments will be served.

May 19 – **Birthday lunch celebration**, 11:45 a.m. Be one of the first 10 seniors to sign up and receive a complimentary lunch and birthday party.

May 19 – **Hearing aid cleanings & minor repairs**, 1-2 p.m. Call to sign up.

May 20 – Free public concert, **Hats off to Seniors**, with folk singer and storyteller Tim Van Egmond, 10 a.m. A selection of poems and short stories from the members of the writers workshop will also be presented. Light refreshments will be served. Seating is limited. Call to register.

May 23 – Pharmacy clinic **Brown Bag Program**, 10 a.m. A pharmacist will be available to double-check dosages, possible drug and food interactions and alternative treatment options. Sign up for an appointment.

May 25 – **Cholesterol screenings**, 8:30-10 a.m. Cost for a basic cholesterol screening is \$5. Call the center for an appointment.

May 26 – **Diabetic footwear clinic** with Robert McCulloch of North American Orthotics & Medical Supply, 9 a.m.-noon. Call for an appointment and for more information on what to bring.

May 31 – **Red Hat Society meeting**, 8:30 a.m. New members are always welcome.

**Salvatore Mancini
Resource & Activity Center
2 Atlantic Blvd.
North Providence
(401) 231-0742
ONGOING**

Monday – Bone building exercise I class, 9:30 a.m.; pilates stretch & tone, 9:30 a.m.; AARP tax preparation by appointment, 9:30 a.m.-12:30 p.m.; free gym hours, 10:45 a.m.; introduction to

tap dance, 1 p.m.

Tuesday – Bone building exercise II class, 9:30 a.m.; tai chi, 9:30 a.m.

Wednesday – Bone building exercise I class, 9:30 a.m.; free gym hours, 10:45 a.m.; medical appointments available, 1-4 p.m.

Thursday – Medical appointments available, 9 a.m.-noon; bone building exercise II class, 9:30 a.m.; pilates stretch & tone, 9:30 a.m.; walking club, 11 a.m.

Friday – Medical appointments available, 9 a.m.-noon; blood lab, 9 a.m.-noon; free gym time, 10:45 a.m.

SPECIAL EVENTS

May 4 – **Free blood pressure screenings**, 10 a.m.-noon.

May 4 – Informational program: **Understanding Asthma & Allergies**, 10:45 a.m.

May 5 – **Vintage Clothing Fashion Show planning meeting**, 11 a.m.

May 6 – **Bocce league orientation & sign-up meeting**, 10:30 a.m.

May 6 – **Evening bingo**, 6:30-9:30. Coffee & light refreshments available, tickets are \$10.

May 9 – Kick-off Senior Center Week with the **crowning of the king and queen** at the **Celebration of Age Luncheon** at 11:30 a.m., with entertainment by Peter Fillipi.

May 10 – **Free blood pressure screenings**, 10-11:30 a.m.

May 10 – **Coping with change & loss**, 10 a.m.

May 10 – “Seniors vs. Seniors” bocce game with senior students from North Providence High School, 10:30 a.m.

May 10 – **Healthy cooking demonstration** with Johnson & Wales University, 10:45 a.m.

May 10 – **In-Sight support group**, 11 a.m.

May 10 – **Italian line dance lesson**, 12:30 p.m.

May 11 – **Massage therapy** appointments, 10 a.m.-noon. Cost is \$25 for a 30-minute session. Medical information forms must be completed

prior to appointments.

May 12 – **Eighth Annual Health Fair**, 8:30-11 a.m., featuring over 25 health care providers and vendors.

May 12 – **Mancini breakfast club**, 10 a.m. at J&D Restaurant, 46 Putnam Ave. Following breakfast, members will return to the center for the card game scat.

May 13 – **Ice cream sundae social**, 12:30 p.m.

May 17 – **Free blood pressure screenings**, 9-10:30 a.m.

May 17 – Presentation: **Wills, Trusts & Peace of Mind**, 10:45 a.m.

May 18 – **May birthday party**, 11:30 a.m.

May 19 – **Reiki treatment sessions** are offered on the third Thursday of every month from 10 a.m.-noon. Cost is \$7 per 10-minute session. Pre-register with Gilda.

May 19 – **Mini-Italian language class & coffee hour**, 10:30 a.m.

May 19 – Dr. Brian Pontarelli, **podiatrist**, will be at the center from 1-3 p.m. Call 231-0450 to schedule an appointment.

May 21 – **Spring Bazaar**, 9 a.m.-5 p.m., featuring crafts, jewelry, penny social, food court and more.

May 22 – **Trip to Newport Playhouse &**

Cabaret Restaurant, sign up with the receptionist.

May 23 – **Beauty Spa with Miss Elaine**, 9:30 a.m.-2 p.m.

May 23 – **Bone Density Screenings** at the Blue Cross-Blue Shield wellness van, 10 a.m.-noon.

May 24 – **Free blood pressure screenings**, 10-11:30 a.m.

May 25 – **ROMEO Club outing** to Battleship Cove Museum and lunch at Marciano's Italian Restaurant in Somerset. Contact Dave Bell for more information.

May 25 – **National Senior Health & Fitness Day**, highlighting the health & fitness activities at the center. Sign up for the afternoon bocce game with Dave Bell.

May 25 – Hearing health consultations, 10-11:30 a.m., featuring **hearing aid cleanings and minor repairs**.

May 26 – **Mancini Breakfast Club**, 10 a.m. at Friendly's, 1838 Mineral Spring Ave. Following breakfast, members will return to the center for the card game scat.

May 26 – Learn to play **Who Wants to be a Millionaire** with the Village at Waterman Lake, 1:30 p.m.

May 26 – **Warwick Symphony Orchestra spring concert**, 7:30-9:30 p.m. Tickets are \$5 for adults, \$2.50 for children under 12 and are available at the center or at the door.

May 27 – **Caregivers education & support group**, 10:30 a.m.

May 27 – URI Pharmacy Outreach program, **Geriatric Medications**, 10:45 a.m.

May 31 – **Free blood pressure screenings**, 10-11:30 a.m.

May 31 – **Game show trivia** with Bobby Bourassa, 10:45 a.m. Call Dave Bell to sign up for one of the two teams.

Seekonk

**Human Services
320 Pleasant St.
(508) 336-8772**

ONGOING

Monday – Walking class, 10 a.m.; knitting, 12:30 p.m.

Tuesday – Aerobics class, 11:30 a.m.

Thursday – Intergenerational art, 9:30 a.m.; aerobics, 11:30 a.m.; cards, noon, at the Seekonk Public Library; bridge club, 12:30 p.m.

Friday – Walking class, 10 a.m.

SPECIAL EVENTS

May 3 – **Book club**, 1:30 p.m. at the Seekonk

See Calendar, page 20

PAWTUCKET RESIDENTS ELDERLY PAINT PROGRAM

The Pawtucket Redevelopment Agency offers a low-cost house Painting Program to qualified local homeowners.

APPLICANT ELIGIBILITY:

- Must be at least 60 years of age or handicapped.
- Property must have no more than four (4) residential units.
- ONLY owner-occupied residential dwellings are eligible.

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- Participants receive a grant toward the cost of painting their home.
- Amount of grant varies according to each participant's income.



Applications are available at the Pawtucket Redevelopment Agency, 3rd floor, 175 Main Street, Pawtucket, RI 02860.

Monday - Friday 8:30 AM to 4:30 PM.

For Further Information: Call Edward A. Heon, Jr. at the Pawtucket Redevelopment Agency at 724-5200.

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FREE SENIOR DIGEST

Volume 2, No. 2

YOUR SOURCE FOR INFORMATION & COMMENTARY

June 2005

Day tripping is today's great escape

By Herb Weiss
For Senior Digest

Lower gas prices combined with good weather are key ingredients for taking a day trip. Even if gas prices climb a bit, area residents are geographically fortunate that they can find plenty of activities and sites to enjoy without traveling too far. Here are some ideas to consider in the coming months.

Celebrating Songs on the River

Celebrate Rivers Day in Northern Rhode Island with an all-day music festival at historic Slater Mill in Pawtucket. The first annual RiverSing on the Blackstone takes place on June 18 from noon to dusk along Roosevelt Avenue, between Main and Exchange streets in Pawtucket's historic downtown.

The free daylong inaugural event will include more than 80 diverse musical performances along the Blackstone River. The event will feature Bill Staines, Bill Harley, Ricardo Pitts-Wiley and others singing each other across the river in a forging of voices

aimed at bridging ethnic diversity and cultures through music.

A mixed bag of street performers will also entertain revelers on the banks of the river, including the Big Nazo puppeteer troupe, mimes, clowns, jugglers and musicians.

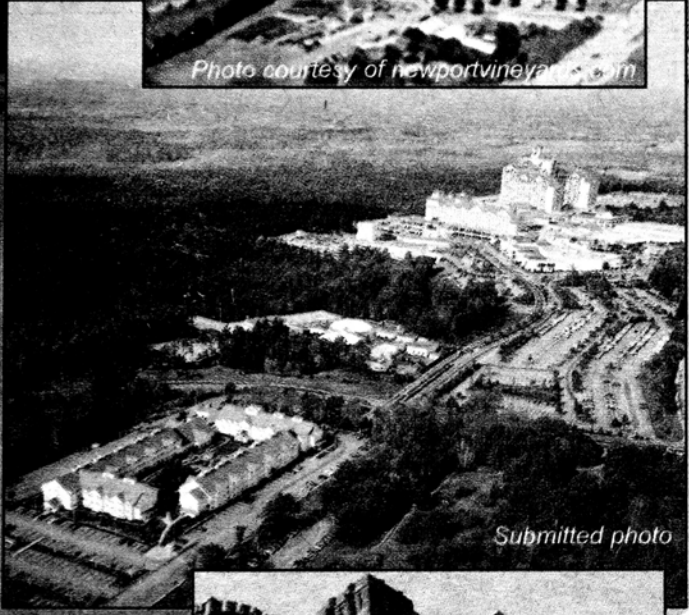
"It is a festival that celebrates the river and communities along the river," notes festival organizer Ray Warner, an architect who happens to love to sing.

According to Warner, RiverSing will be a great destination for seniors to bring their grandkids. Workshops are planned to introduce children to instruments such as the ukulele and drums and the art of making

See Day trips, page 6



Photo courtesy of newportvineyards.com



Submitted photo

Close-by destinations are, from top, Newport Vineyards, Foxwoods Resort Casino and the Gamm Theatre.



Photo courtesy of artinruins.com

Day trips

Continued from page 1

masks and fish costumes. He noted there will also be an opportunity for children to make plaster castings of fish and paint them. The grandchildren can even wear their masks or costumes in a parade that will wind its way throughout the festival site, Warner said.

For more information, go to the RiverSing link at www.tourblackstone.com, or call (401) 724-5200 for a schedule of events and a list of performers.

Lady Luck Calls

If you have an urge to roll the dice or play the slots, you can hop on to one of Conway Tours' buses headed for Foxwoods Resort Casino in Mashantucket, Conn. It's a brief trip to the world's largest resort casino that features slot machines, gaming tables, poker rooms, a Keno lounge and a state-of-the-art bingo hall. There are three hotels, 24 restaurants, lounges, and the Cinetropolis, which includes the Fox Theatre where education and entertainment films are shown.

"We love people to

come in on buses," says Bruce MacDonald, the casino's manager of media relations, who touts the economic benefit and the convenience of letting someone drive for you. You pay only \$20 dollars for your Conway Tours' bus ticket and receive a casino rebate of \$30 — \$10 for food and \$20 for Keno.

With an average of 40,000 people going daily to Foxwoods, "people watching becomes a big pastime for many of the seniors," says MacDonald.

Conway Tours, in operation since 1926, has a catalog detailing 73 day trips (including trips to Foxwoods) and 32 overnights. For a free copy, call (800) 888-4661 or go to the company's Website at www.conway-tours.com.

A Leisurely 'De-Tour'

The Pawtucket-based Blackstone Valley Tourism Council gives you a simple way to travel on your own through the region. All the "De-Tour" information you need to complete each daylong tour is contained on a colorful map that includes

directions from attraction to attraction.

Bob Billington, president of the Blackstone Valley Tourism Council, calls "De-Tour" the perfect solution to taking a leisurely day trip. Fifteen trips are available, and they range in theme from environmental to historical. There is even one tour of the best farm stands in the Blackstone Valley, he says. The tour maps can be picked up at the Visitor Center, 175 Main St., Pawtucket.

"De-Tour is a very simplistic way to get people who don't know the Blackstone Valley roads to attractions in that region," Billington says, noting the rationale behind the concept. In a year and a half since the day trip travel program began, Billington estimates that more than 10,000 maps have been distributed.

Why does Billington believe his program is so successful? "People love the maps because they are so colorful and easy to use. People just like to follow trails."

For more information, call (401) 724-5200.

After day tripping throughout the Blackstone Valley, end your day by watching great theater and eating good food.

The Sandra Feinstein-Gamm Theatre presents the New England premiere of Amy Freed's uproarious off-Broadway hit, *The Beard of Avon*. Gamm Artistic Director Tony Estrella directs this farcical frolic through the life and times of "The Bard" in a production that promises to delight Shakespeare lovers. The play runs through June 19 at the Gamm Theatre, 172 Exchange St., Pawtucket. For more information, call (401) 723-4266.

Fine Wine and Fun

Combine a trip to Newport with a tour of a Rhode Island winery. On Route 138 just five minutes north of Newport, is Newport Vineyards. A long, cool growing season is ideal for this winery to develop complex flavors in wine that has won many fans.

Owner John Nunes calls his operation "a small 50-acre winery." Newport Vineyards is open Monday through Saturday



Submitted photo

Rose Haddad celebrated her 105th birthday recently at Foxwoods Resort Casino. Her daughter Gloria Matook and daughter-in-law Arlene Haddad have been taking Rose to Foxwoods since her 98th birthday, traveling from Milford, Mass.

from 10 a.m. to 5 p.m. and Sunday from noon to 5 p.m.

According to Nunes, tours are scheduled every day from 1-3 p.m. "We'll give you an explanation of the art of growing grapes and how the climate impacts wine. Harvesting and processing techniques are discussed, too," he says.

Visitors can also tour a gallery exhibiting work from a local artist. Wine-related gifts and the vine-

yard's 20 varieties of wines are available for purchase at the gift shop.

Appointments are necessary for groups of 10 or more people. Call (401) 848-5161 to make an appointment or for additional information.

Herb Weiss is a freelance writer who covers aging and health care issues for Senior Digest. His articles have appeared in statewide and national publications.

Centenarians

Continued from page 1

to family, according to son Tony, 64. "My mother is devoutly religious and must call her children frequently," he said.

Additionally, her disposition remains calm despite the loss of two children to diphtheria, he says.

On the other hand, 100-year-old Janet Orsini is renowned for her "stub-

bornness," a trait that's carried her through a "hard life," she says. "I was given away at 7 by parents who couldn't afford to keep children. My four brothers and I left North Carolina on a bus to Washington, D.C. It was the last time I saw my parents.

"From Washington, we

were shipped to Canada where we separated. I was sold, I learned, for \$800 to a couple that gave me away later. Eventually another couple adopted me," Orsini said.

"Miraculously, at 18, I found my aunt who gave me an address book. In it were the phone numbers of my brothers. We've been

close since then."

For perspective, consider that 100 years ago in May of 1905: the Wright Brothers flew a machine named the Flyer that remained aloft for 33 yards; Clara Bow, a silent movie actress known as the "It Girl," was born; and the National Audubon Society was incorporated.

Gertrude Lowry of Bristol is serenaded by the Frank Castle band during her 104th birthday at the Governor's Centenarian Brunch.



Submitted photo

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FREE SENIOR DIGEST

Volume 2, No. 4

YOUR SOURCE FOR INFORMATION & COMMENTARY

August 2005

Love letters go first class

By Herb Weiss
For Senior Digest

PAWTUCKET — On a small street in Seekonk, Mass., Cait Calvo and Sam Babbitt meet at Claire Beauregard's ranch house to prepare for the upcoming Community Players' production of A.R. Gurney's highly acclaimed *Love Letters*.

The 84-year-old community theater, one of the oldest in Rhode Island, presents this production for just one weekend, Aug. 26-28, at Jenks Junior High School on Division Street as a fund-raiser for scholarships awarded to students going on to college to major in theater.

With Calvo, 65, giving direction and guidance, a 76-year old Babbitt and Beauregard, who only will admit that she is past retirement age, are practicing their lines, in the cozy and comfortable living room. Gurney's play brings the three legendary Rhode Island thespians together on this Friday evening, working to perfect their parts for the upcoming community theater play.

To make the fund-raiser special, Beauregard brought together her old theater friends. She said that this play

is dedicated to the memory of husband, Normand P. Beauregard, who was involved with The Community Players for more than 40 years until his death last year.

According to Beauregard, Calvo will direct *Love Letters*. She's "one of the best black box directors around," Beauregard said, a pro who has been involved with other theaters across the state, including Trinity Repertory, the Sandra Feinstein-Gamm Theatre, New Stage, City Nights and Barker Playhouse.

"[Calve] tells me like it is," says Beauregard, admitting that a 45-year relationship allows the director to be brutally honest. "If I don't get it right, she tells me so," Beauregard said.

Calve enjoys her craft. She believes that "the fun of directing results from watching your concept of the play develop as the actors react to the material and to each other to bring the story to life."

See *Players*, page 6



Sam Babbitt of Providence's East Side and Claire Beauregard of Seekonk star in The Community Players' production of A.R. Gurney's *Love Letters*, which runs from Aug. 26-28 at Jenks Junior High School in Pawtucket. For tickets, call (401) 726-6860.

Twins born during '54 hurricane

— Page 6



'How old would you be if you didn't know how old you are?'

— Satchel Paige



Center staff takes holistic approach

— Page 11

Players

Continued from page 1

In the upcoming production, Beauregard, a member of The Community Players for more than 50 years, plays the role of the lively, unstable artist, Melissa Gardner. Babbitt takes on the role of the staid, dutiful lawyer Andrew Makepeace Ladd III. Babbitt is an artistic associate at the Sandra Feinstein-Gamm Theatre. During his 22 years of acting, he has also appeared at the Barker Playhouse, Perishable Theatre and with the Academy Players. Although Beauregard and Babbitt have known each other for more than 14 years, *Love Letters* will be their first appearance together on stage, adding to the uniqueness of the performances.

The imaginative theater piece centers on letters exchanged over a lifetime between two people – a man and a woman. While they grew up together, they went their separate ways, but continued to share confidences in thank-you notes, summer camp postcards and letters written through their boarding school and col-

lege years and later into married life.

Beauregard says that *Love Letters* is the perfect play for her to act in because she is allowed to sit down for the entire two-hour performance. Health problems have forced the accomplished actor to sit rather than stand for long periods of time on stage.

Over the years, many well-known actors have played in *Love Letters*, notes Beauregard. On Broadway, she adds, Paul Newman and Joanne Woodward played the roles. Many will also remember the performances of Jessica Tandy and her husband Hume Cronyn. Locally, Adrian Hall, Trinity's first director, and Katherine Helmond, a well-known Trinity actor, performed the play at Rhode Island College.

In The Community Players' production, Andrew (Babbitt) and Melissa (Beauregard) read their letters to create an evocative, touching, funny and always telling pair of character studies.

What is implied is often more revealing and mean-

ingful than what is actually written. In this age of instant messaging, e-mail and voice mail, the anticipation of waiting at the mailbox for a letter – something that is handwritten and can be cherished for years – is something that has become a part of our heritage rather than common practice.

Calvo knows that seniors will enjoy watching *Love Letters* because they are from a generation that regularly wrote to their family and friends.

"With the reading of the letters in the play, the older theatergoers will remember some of the fun things they experienced growing up, like visiting grandmother's house, the first prom or the first weekend away at college," Calvo says.

Performances of *Love Letters* are scheduled for Aug. 26 and 27 at 8 p.m. and Aug. 28 at 7 p.m. Tickets are \$10 for adults and \$8 for members of The Community Players who show a membership card at the door. For reservations, call (401) 726-6860.

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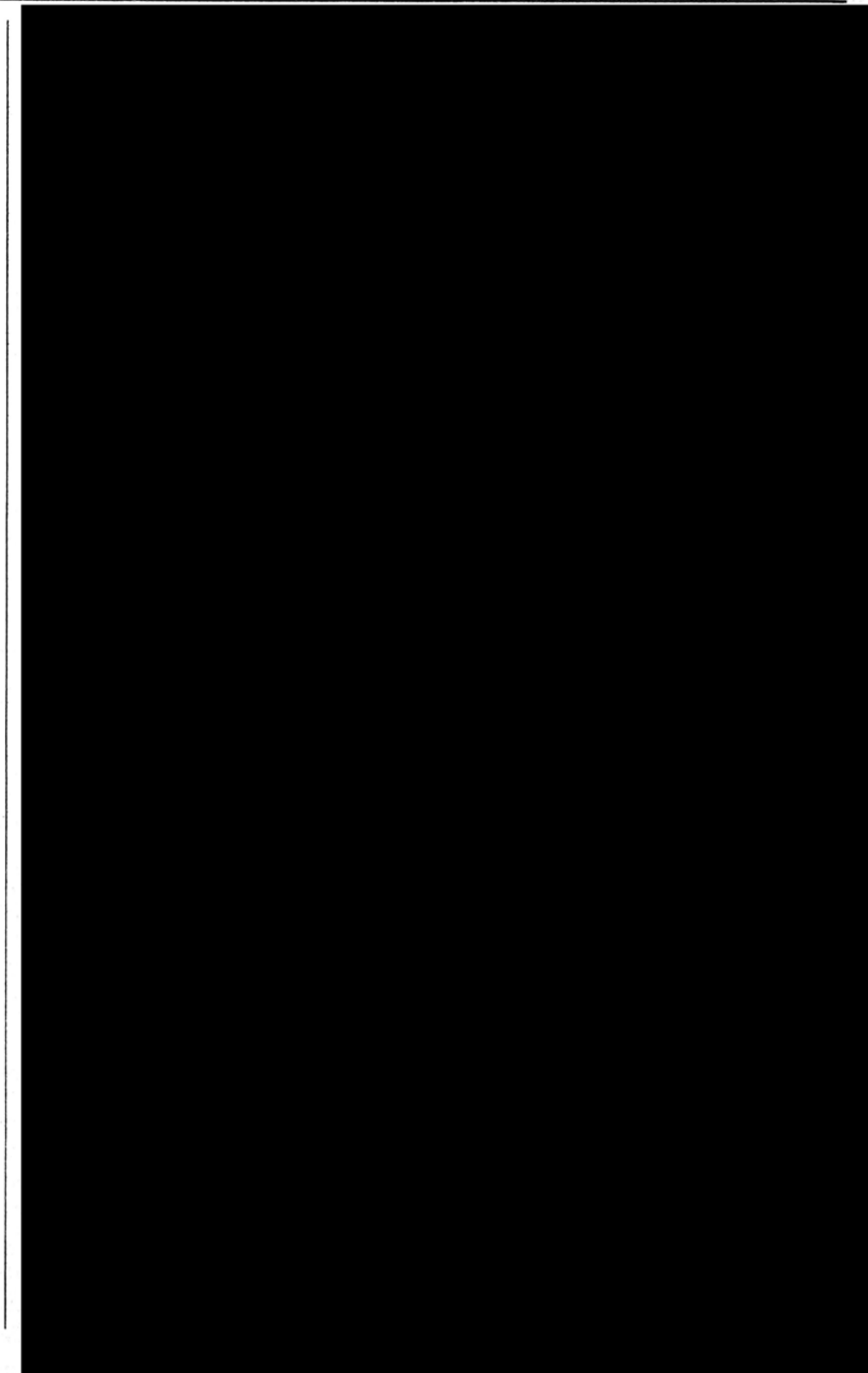
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Diabetes talk slated for Aug. 10

LINCOLN -- Dealing with diabetes consumes energy, and the need to continue is on-going. Diabetes can diminish physical energy, mental energy and emotional energy.

Energy and diabetes will be the subject of a discussion group at Lincoln Place Independent and Assisted Living on Aug. 10 at 2 p.m.

The discussion on maintaining energy will be led by Alicia DiRobbio, a physical therapist from Boston Rehabilitation Inc, according to a statement from Lincoln Place.

Lincoln Place is located at 612 George Washington Highway, opposite A.T. Cross.

The meeting is complimentary, and refreshments will be served. Seating is limited. To reserve a spot, call (401) 334-1686.

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Johnston
center to
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— Page 10



Jenks will be
alive with
'Sound of Music'
— Page 17



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what we get, but we make
a life by what we give.'

— Winston Churchill

FREE SENIOR DIGEST

Volume 2, No. 7

YOUR SOURCE FOR INFORMATION & COMMENTARY

November 2005

A silver lining for seniors

By Herb Weiss
For Senior Digest

PAWTUCKET — Twenty-five years has come and gone like a blink of an eye. But the passing of those years has proven to Rick Ryan, the first director of the city's senior center, that moving all senior programs under one roof was just the right thing to do.

Now, serving as director of senior services for South Kingstown, Ryan fondly remembered his successful efforts to get Pawtucket's senior center up and running.

Before the senior center was established (later named the Leon A. Mathieu Senior Center for the chair of the city's Senior Citizen Advisory Council), Pawtucket's Office of Community Affairs, the human services planning branch of former Mayor Lynch's office, worked closely with Senior Inn Inc., the Blackstone Valley Community Action Program and RSVP to provide programs and services to

older Pawtucket residents.

In the late 1970s, senior programs and services were offered by nonprofits at different sites located throughout the city, Ryan says, noting that it became apparent to municipal officials to look for ways to better coordinate their programming and services and increase access for the city's older population.

In 1980, a \$300,000 senior center renovation project kicked off, funded by a \$50,000 state grant combined with Community Development Block Grant (CDBG) dollars. The 18-month project would ultimately turn a century-old fire station on 420 Main St. into a one-stop multi-purpose facility, enhancing access to programs and services by locating them one site.

According to Ryan, the new center was originally a horse-drawn carriage fire station with three bays. To build-out, "We had to eliminate the hay loft on the third floor along with a brass pole going from the top floor to the ground. When the walls came tumbling down," he says, "we even discovered horse hair in the plaster."

Meanwhile, one of the most difficult obstacles to renovating the old firehouse was the discovery that the floors were suspended with a truss system, supported by the

See Mathieu, page 6

Related story page 21

LEON MATHIEU SENIOR CENTER

Leading an exercise class at the Leon A. Mathieu Senior Center in Pawtucket is Paul Jerard Jr., owner of Airmo Martial Arts and Wellness on Charles Street in North Providence. The class is part of the You Can — Steps to a Healthier Aging campaign. The center is celebrating its 25th anniversary this month.



Senior Digest photos

Mathieu

Continued from page 1

roof. "We were forced to redesign the layout because we couldn't disturb this truss system," he said.

Over the early 1980s, Ryan noticed an increased use and participation of seniors at the center. The city's commitment and funding to its seniors increased, too, Ryan added. Previously the city only provided small grants but took no responsibility for the overall coordination of services.

Ultimately, Roland Moussally would take over the reins from Ryan in 1989, serving briefly as the city's second senior center director. Later that year, Joan Crawley would move from her position as medical coordinator to become the head of the Leon A. Mathieu Senior Center.

Crawley, now in her 14th year as director, has met and overcome many challenges. "Our biggest obstacle in our 25 years was to grow the number of personnel to meet the needs of our seniors," she said.

When Crawley began as director, she only had one part-time staffer. Today, her staffing is up to nine full- and part-time

employees. "As a result of this increase, we are able to have a social service case worker on site that has allowed us to provide information and referrals, assessments and home visits.

Other operational challenges included the lack of office space inside the center, little room for outside leisure activities, a limited number of computers and no air conditioning. Crawley said that over the years, those problems were addressed.

CDBG grants and city funding combined with state Department of Elderly Affairs and federal monies would allow Crawley's staff to slowly grow to its present size. Additionally, \$1.2 million in CDBG grants funded the installation of air conditioning, a new outside-gated park and a glass and brick garden room to connect the senior and abutting day care centers. Donations and used computers came from private businesses that gave the attending seniors Internet access. Now there is a computer lab, and all staff members are connected by computers.

Supported by an annual grant of \$200,000 from the city's CDBG pro-

gram, Crawley's staff now provides an array of leisure, educational and wellness classes along with social services and health screenings. While day care and nutrition services are provided by outside agencies, the city's Check-'em Telephone Reassurance System and Alzheimer's Alert Program are overseen by senior center personnel.

"We are doing a lot more now than when I first took my position," Crawley says.

Although RIde transportation services for adults with disabilities was lost to the Rhode Island Public Transit Authority three years ago, the Leon A. Mathieu Senior Center still makes available two shuttles older riders can use to do errands such as going to the market and bank, Crawley says.

Crawley says that the senior center was nationally accredited by the Washington, DC-based National Council on Aging (NCOA) in 2002. Only a small number of the nation's centers are accredited, she noted.

"With outside people from the community and staff, we'll begin to hammer out

our next five-year work plan to determine where we are and where we are going. This action will help us also to meet the needs of Pawtucket's newest senior population and to begin our re-accreditation process at NCOA," Crawley said.

Dorothy Plante, a former hairdresser residing in Pawtucket, has been going to the Leon A. Mathieu Center since the late 1980s. She goes there daily to teach knitting and needle point on plastic and even volunteers to work with the staff when things need to get done.

Over the years, Plante says, everything has gotten better. "We have more programs now, and they are popular." The 82-year-old woman can't believe that 25 years has already come and gone.

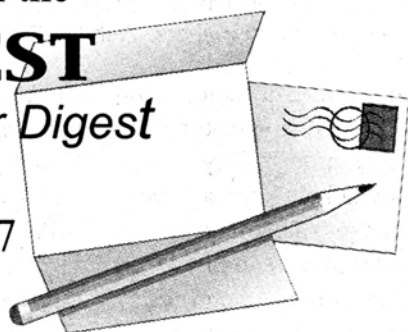
"Time goes by so fast. It's not funny," she quips.

Herb Weiss is a Pawtucket-based freelance writer, covering health care, medicine and aging. His articles have appeared in local, state and national publications. He can be reached at hweissri@aol.com.

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25 years of milestones marked at Leon Mathieu

1980 — Rick Ryan becomes senior service coordinator. The Leon A. Mathieu Senior Advisory Board is appointed. The Senior Inn, Visiting Nurses Service, Blackstone Valley Community Action Program and Retired Service Volunteers Program provide a comprehensive mix of services for Pawtucket residents at the new senior center.

1988 — Roland Moussally replaces Ryan as senior service director.

1991 — Joan Crawley, medical coordinator at the Leon A. Mathieu Senior Center becomes the new senior services director.

1994 — Air conditioning is installed at the senior center. Memorandum of understanding signed with Memorial Hospital of Rhode Island to locate physician offices at senior center site.

1997 — Case worker hired for senior center

1998 — Department of Elderly Affairs' grant creates position at senior center for elder care specialist.

2000 — Senior center gated park is built, and a full-time program coordinator is hired.

2001-2002 — Major renovations begin on first and third floors of senior center. A new telephone system is installed. Staff gains Internet access and a computer lab is established for seniors. The National Council on Aging accredits the center.

2003-2004 — Construction of the Garden Room and connecting it to the adult day care center are completed.

2005 — Twenty-fifth anniversary of the senior center is observed.

Source: *Leon A. Mathieu Senior Center, 2005*

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**From sea
to shining
table**

— Page 13



**Volunteer to
become a
guardian**

— Page 10



**'You are never too old
to set another goal
or to dream a new dream.'**

- Les Brown

FREE SENIOR DIGEST

Volume 2, No. 11

YOUR SOURCE FOR INFORMATION & COMMENTARY

March 2006

Fighting a 'hidden' foe

State officials increase efforts to stop elder abuse, neglect

By Herb Weiss
For Senior Digest

At this year's legislative session of the Rhode Island General Assembly, lawmakers will consider a budget and several legislative proposals to beef up the state's arsenal of weapons to fight elder abuse and self-neglect.

In every Rhode Island community, elders are victims of physical, emotional, sexual and financial abuse. Last year, there were 1,877 reported cases of elder abuse and self-neglect, a statistic which excludes cases in institutions that house and care for seniors, according to the state Department of Elderly Affairs (DEA).

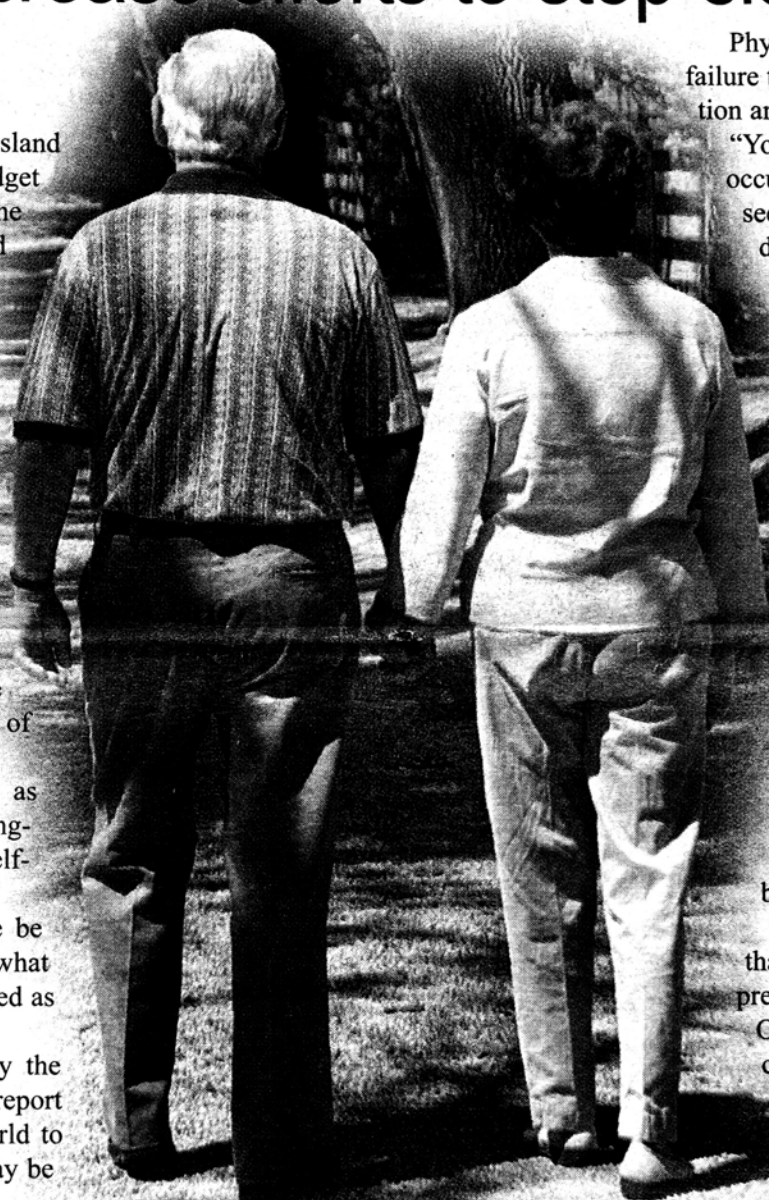
Of the 890 reported cases of elder abuse, 85 percent of the cases were deemed by the DEA to have merit.

Since DEA enacted its mandatory elder abuse reporting law in 1980, officials say the state agency has investigated more than 11,000 cases of elder abuse.

According to Maureen Maignet, who serves as executive director of the General Assembly's Long-Term Coordinating Council, "elder abuse and self-neglect is really a hidden problem."

Although state law mandates that elder abuse be reported, the general public may not be aware of what constitutes the problem, states Maignet, who served as DEA director from 1991 to 1994.

"Frequently, the abuser is someone known by the abused elder and they may be too embarrassed to report it," she says, because they do not want "the world to know that a caregiver or even their own child may be mistreating them."



Physical, emotional and sexual abuse; neglect, which is the failure to provide support when needed; and financial exploitation are examples of elder abuse, says Maignet.

"You may clearly see signs of bruising when physical abuse occurs", she adds, but emotional abuse might be harder to see. "For isolated seniors in their 80s, who can no longer drive, they may become fearful of reporting any type of abuse because they are dependent on their abuser for transportation and assistance."

According to Maignet, isolation can result in self-neglect, which is a form of elder abuse when living conditions are potentially life threatening. Self-neglect occurs when a person over age 60 cannot provide him or herself with food, water or shelter, perform basic personal hygiene or take necessary medications.

Abuse and neglect remain virtually invisible to the general public and media, especially when the issue is compared to Social Security, Medicare, nursing home care and prescription drug coverage. But Gov. Donald Carcieri and lawmakers have put the spotlight on this societal problem this legislative session.

Lawmakers will have the opportunity to consider Gov. Carcieri's fiscal 2007 budget and several pieces of legislation that will ratchet up the state's efforts to combat elder abuse and self-neglect.

Attorney General Patrick Lynch tells "Senior Digest" that his agency is continuing its efforts to chip away at the prevalence of abuse and neglect one case at a time.

Only in operation for two months, Lynch touted the success of his agency's Elder Abuse Advocacy Unit, created by the General Assembly last legislative session.

Lynch says the new unit is making sure that peo-

See Abuse, page 7

Metro Creative Connection



Abuse

Continued from page 1

ple who prey on and hurt the elderly are investigated and prosecuted.

The three-person unit headed by a prosecutor assisted by an investigator and paralegal successfully prosecuted its first case last month. The case involved a 75-year-old woman who was robbed in her Smithfield home by a former neighbor that threatened her with a knife and punched her in the face, fracturing one of her facial bones.

When the trial concluded, the 47-year-old man, who last reported an address in Worcester, Mass., received a 40-year sentence with 25 years to serve on a robbery count, according to a spokesman for the attorney general.

The judge also gave the defendant a concurrent 10-year suspended sentence on the breaking and entering count.

Lynch noted that the advocacy unit is working closely with the DEA and other aging network groups.

Lynch also plans to push for a new law this legislative session that can be used in his office's battle against elder abuse. Introduced on his behalf by Sen. Michael J. McCaffrey (D-Warwick), who chairs the Senate Judiciary Committee, the bill (S-2185) would ratchet up the penalties for elder abuse and neglect.

The bill focuses upon financial exploitation, abuse, mistreatment, neg-

lect and fraud of seniors and those with severe impairments. Under the bill, first-offense misdemeanor penalties would go from a maximum prison term of one year and/or a maximum fine of \$1,000 to felony penalties of five years in jail and/or a fine of \$2,000.

If someone has reason to believe that an older person is abused or suffering from self-neglect, the matter must be reported to the DEA, says department Director Corinne Calise Russo, because it's the law.

All Rhode Islanders should become "the eyes and ears of DEA" to protect the state's frail elders from physical, emotional and financial abuses, she

said.

On the heels of a "Providence Journal" article that questioned DEA's lack of response to 24-hour hot line calls made after regular business hours, Russo says that her staff was aware of the problem and was in the process of creating an after hours emergency response system, to protect the elderly and intervene on their behalf during nights, weekends and holidays.

Russo noted that Gov. Carcieri has put \$137,000 into proposed budget to fund the implementation of the after-hours system. According to DEA, the system was designed to provide immediate respite assistance to seniors in

crisis. If needed, a licensed clinician would evaluate the older person, and, if necessary, temporarily place the individual into a safe environment, until a long-term solution could be arranged.

The clinician would serve as a liaison to DEA and would notify the department's protective services unit about any off-hour referrals during the next business day.

Finally, Russo noted that Carcieri will be introducing legislation that will add self-neglect to the current elder abuse statute. If enacted, the law would give the state the authority to investigate cases of self-neglect among elders and would establish fines

for people who did not report such matters.

Rhode Island law states that any individual suspecting abuse of a person age 60 or older is required to file a report with the DEA. To file a report, call (401) 462-0555. Failure to report abuse of an elder may result in a fine of up to \$1,000 and a jail term of up to one year.

Herb Weiss is a Pawtucket-based writer, who has covered aging issues for more than 25 years. His articles have appeared in more than 400 local, state and national publications. He can be reached at hweiss-ri@aol.com.

Know the signs of elder abuse

- Elder abuse knows no boundaries. It happens in every city and town, and victims can be poor or wealthy, educated or illiterate, healthy or sick, men or women.

- Elder abuse is often a family issue. In most cases, spouses, children, or relatives caring for the older person are the abusers. This includes self-abusers.

- Elder abuse occurs when a caregiver, family member, or other person with a duty to care for an elder mistreats, neglects, or exploits a person 60 and older.

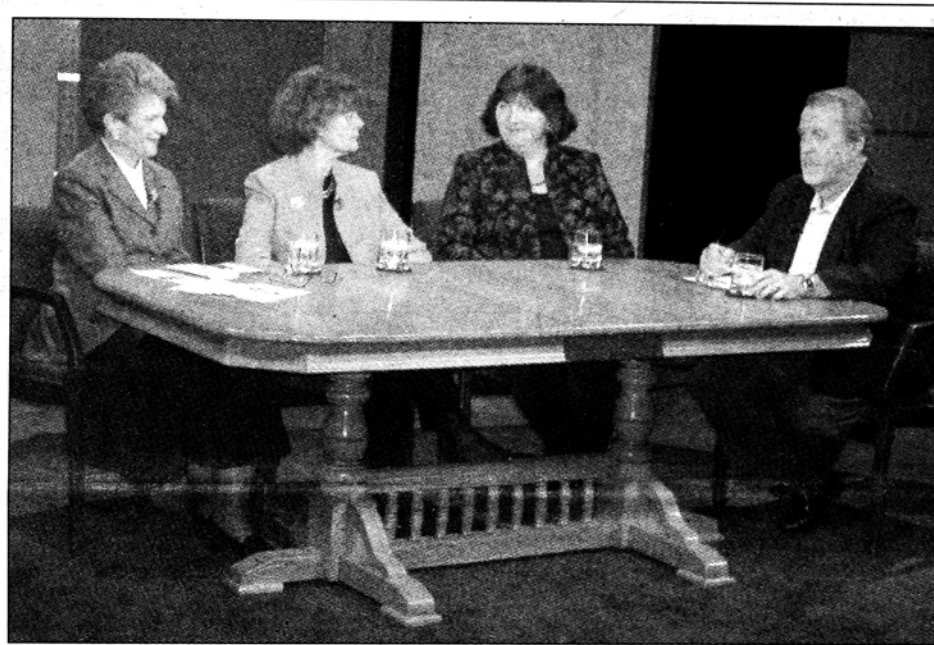
- Abuse can be physical or sexual such as hitting, pushing, shoving, or forcing an elder to suffer an unwanted sexual advance or assault.

- Abuse can be neglect such as withholding food, medicine, personal care, companionship or needed services.

- Abuse can be exploitation such as using or living off an elder's income or assets without their permission.

- Abuse can be verbal or psychological such as yelling at, intimidating, or demeaning an elderly.

**Reprinted with permission from "Report Elder Abuse...it's the law," published by the Rhode Island Department of Elderly Affairs.*



Senior Digest photo

Radio personality Dave Kane moderates a discussion of culture change in Rhode Island nursing homes and options for at-home and community care at the studios of Rhode Island PBS, Providence. The discussion followed the airing last month of "Almost Home," a documentary about a visionary nursing home director committed to transforming his hospital-like institution into a true home. Joining Kane are, from left, Corinne Calise Russo, director of the Rhode Island Department of Elderly Affairs; Elizabeth Morancy, executive director of the Rhode Island chapter of the Alzheimer's Association; and Marguerite McLaughlin, long-term care project coordinator for Quality Partners of Rhode Island. Kane co-hosts the "Senior Digest Times of Your Life" radio show, which airs from 7-8 a.m. on Sunday on WPRO 630 AM, with "Senior Digest" newspaper publisher Paul V. Palange.



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Seniors critical to candidates

By Herb Weiss
For Senior Digest

WARWICK — More than 125 Rhode Islanders, many who are gearing up to run for political office, attended Operation Clean Government's recent candidate school.

The one-day workshop taught the aspiring politicians the ABCs of effectively running their first political campaign. While

break-out sessions touched on a myriad of candidate issues from media relations and networking, research and message development, to candidate procedures and ethics, one session took a close look at the powerful senior vote.

Mobilizing seniors can be key to winning your election, says Darrell West, a well-known political science professor at Brown University.

"Seniors are a large group and they are the age group most likely to vote," he told "Senior Digest," noting that there generally is a 30 percent difference in turnout between the young and the old.

This fact did not escape Susan Sweet, "Senior Digest's" political correspondent, who moderated a discussion of campaigning to the senior vote at the workshop, held at the Crowne Plaza Hotel in Warwick.

She kicked off her hour-long session, to a packed audience, by noting that seniors ages 64 to 74 had the highest rate of voter participation in the 2000 Presidential Election and the 2002 Congressional elections. Sweet also stressed that national and local issues were of interest to seniors.

Seniors want "honesty and open dialogue" from candidates, said panelist Mary Lou Walter, a for-

mer board member of the Rhode Island Shoreline Coalition. A Republican, she represented House District 51 for 16 years. "Seniors want politicians to play close attention to their needs, wants and conveniences," she said.

Democrat Catherine Graziano, a former state senator who served 10 years in the Rhode Island



General Assembly and now sits on AARP's National Policy Committee, agreed with Walter's observations, noting that seniors want people they put in office to work on issues that closely impact them.

"They're scared to death about the escalation of property taxes that will keep them from maintaining their homes [because of the high taxes]. Older voters also want to be able to afford their prescriptions and to receive services to stay in their homes," she said.

But the third panelist, Thomas Lanitti Sr., director of the West Warwick Senior Center who served on the city's school board and now sits on the Rhode Island Board of Elections,

warned the potential candidates not to assume that seniors are only interested in a narrow range of age-related issues.

"What I have found out is today's seniors are much more well-read and are interested in lots of things — gay marriage and the Iraq War for instance," Lanitti said.

Getting her message to seniors and winning their support was not too difficult for Walter, whose House district did not have a large number of senior high-rise sites. The savvy campaigner simply went door-to-door to reach her older constituents.

The local senior center is an excellent place to recruit volunteers to work on campaigns, Walter said. "You have to approach them and ask them to volunteer because they won't approach you," she said, noting the older campaign workers were great at addressing envelopes and making telephone calls.

Lanitti added seniors "are knowledgeable and have the energy to make the difference in the political scene."

Herb Weiss is a Pawtucket-based freelance writer who has covered aging, health care and medical issues for 26 years. He can be reached at hweissri@aol.com.

Bankers Life helps to fight Alzheimer's

WARWICK — Volunteers from the Rhode Island Bankers Life and Casualty Co. branch sales office will be at Warwick Mall on May 19 and 20 to raise funds to benefit the Alzheimer's Association in the company's annual Forget Me Not Days event.

Joining hundreds of Bankers' volunteers in cities across the United States, Rhode Island Bankers' employees and agents will wear distinctive green aprons and will be handing out packets of Forget Me Not seeds in return for donations. It is hoped the seeds will be planted in honor of the 4.5 million Americans with Alzheimer's disease.

"One in 10 people over the age of 65 suffer from Alzheimer's and one in three people know someone with the disease," said Bankers' Rhode Island Branch Sales Manager Gregory P. Gelineau, "Alzheimer's touches everyone in the community. That's why it's important for us to help increase awareness of the resources that the Association provides to patients and families, and raise money to keep these programs going."

Bankers, a provider of life and health insurance products for seniors established the Forget Me Not Days fundraiser to increase giving and participation from its employees, who say the event has special meaning for them since they witness Alzheimer's affect on policyholders and their families firsthand.

"One hundred percent of the money we collect in Rhode Island stays in the community to benefit our local Alzheimer's chapter and seniors in our area," said Gelineau. Proceeds will be used by chapters to support patient outreach, education and caregiver services.

The Alzheimer's Association is the largest source of private funding for Alzheimer's research in the country. Since awarding its first grant in 1982, the Alzheimer's Association has committed more than \$185 million toward research into the causes, treatment, prevention, and cure of Alzheimer's disease, according to a release issued by Gelineau.

Through its national network of chapters, the Alzheimer's Association offers a broad range of programs and services for people with the disease, their families and caregivers. They also operate a toll free, nationwide contact center at 1-800-272-3900 that is available to families and caregivers 24 hours a day, seven days a week.

Senior Digest

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as those who have
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- Henry David Thoreau

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Volume 3, No. 10 YOUR SOURCE FOR INFORMATION & COMMENTARY February 2007

Wake-up call saves a life

Survivor offers aid, hope

By Herb Weiss
For Senior Digest

Even though Raul Fernandes paid little attention to the warning signs that he was having a heart attack, he luckily survived when he was stricken in October 1994.

Many people in Rhode Island were not as fortunate, however. In that same year, 3,969 Ocean State residents died as a result of cardiovascular disease, according to the state Department of Health.

The heart attack was a wake-up call for Fernandes, who has worked as a volunteer for almost 11 years for the American Heart Association and Mended Hearts, a nationwide patient support group for people with heart disease. He volunteers because his experience changed his life and the lives of his

family members. He is what the association calls a heart survivor, and here's his tale.

A Heartfelt Tale

Looking back," The heart attack hit me pretty hard," says Fernandes. It would force the 61-year-old Tiverton resident into early retirement from Fernco Services Inc., a Cranston-based company he founded in 1978. The family-run business provided services to companies and municipalities to assist them in operating and maintaining small sewage treatment plants.

Throughout his life, Fernandes had genetic warnings signs that indicated he might someday be afflicted with coronary heart disease. His mother died at age 42 from a heart attack. Later on, his father died at age 82, after having three heart attacks. "I was always afraid of the family genetics of having heart attacks, and it was always in the back of my mind," he said.

Fernandes states that his first heart attack occurred in a client's office. "I just blew off the heart attack, thinking it was just indi-

gestion," he remembers. Later that evening during a stop at Sam's Club in Seekonk, it was reinforced that something was deadly wrong. Consuming a cup of cold Dell's Lemonade caused him to keel over in severe pain. One week later, he returned to the store. While drinking

another cup of Dell's, he again experienced severe pain. This time, he decided to listen to his body.

At the Hospital, Again and Again...

Fernandes scheduled an appointment with his doctor, who gave him stress test. It lasted three min-

utes. The doctor sent Fernandes to Charlton Memorial Hospital in Fall River for a cardiac catheterization. The medical staff

examined the inside of Fernandes' heart and found that two arteries were 95 percent blocked. That led the doctors to believe that

See Heart Health, page 6

HEART ATTACK PREVENTION. IT'S AS EASY AS...

Avoid tobacco

Become more active

Choose good nutrition

Avoid: Tobacco smoke, Stress, High blood pressure, High blood cholesterol, Alcohol, Stress, High blood pressure, High blood cholesterol, Diabetes mellitus, Obesity.

Choose: Physical inactivity, Stress, High blood pressure, High blood cholesterol, Obesity.

Raul Fernandes of Tiverton is pictured with helpful information from the American Heart Association.

graphics courtesy of www.americanheart.org

Submitted photo

Heart Health

Continued from page 1

Fernandes had a heart attack two weeks earlier in his client's office. To unblock the arteries, he underwent an angioplasty at Rhode Island Hospital in Providence.

If it wasn't for the severe chest pains he experienced after drinking Dell's Lemonade, Fernandes would never have found out about his blocked heart arteries. He believes that his medical condition would have led to a major heart attack and his untimely death.

At age 50, Fernandes was told by his doctor to retire, and he entered a cardiac rehabilitation program. In six weeks, he felt better and went back to work against the wishes of his doctor and wife. Two days later, the noncompliant patient ended up back in Charlton's emergency room with severe chest pains.

Despite another six weeks of cardiac rehab, the Tiverton heart attack survivor still resisted his doctor's orders not to work. "I had mind games going on in my head," Fernandes said, especially "watching my wife become the family's new bread winner" when she was forced to take over his business. "You just don't know what your role is anymore," he said.

Three days after his last cardiac rehab class, Fernandes could not walk down the second-floor stairs at a client's building. That day he retired for good, turning his business over to his wife and son. It would later take him two years to get comfortable with his retirement. "I don't go to the office at all anymore, except to take my wife to lunch," he adds.

The Heart Survivors Guide to Coping

While being a heart attack survivor has its downside, it has brought

about some positive changes to Fernandes' life.

Fernandes says that after he was placed in intensive care, his perception changed as to what is important in life. "Whether the weather is sunny, snowy, or rainy, all that matters is that you get up," he says, noting that it is the little things in life that count. His mantra now has truly become, "Don't sweat the small stuff."

Prior to his heart attack, he regularly missed his children's baseball games and other school activities. Now, he does not miss any of his grandchildren's activities.

In addition, his 41-year marriage became stronger during the 12 years following the heart attack, he said, noting his wife is his primary caregiver.

Reaching Out to Others

With time on his hands in 1994, Fernandes surfed the Internet and discovered Mended Hearts, the nationwide patient support group for heart survivors. He and a fellow heart attack survivor created a new chapter in Fall River. The chapter has 59 members, who spend time visiting cardiac patients before and after surgery. Fernandes also established groups in Hyannis, Mass., and in Woonsocket at Landmark Medical Center.

Annually, Mended Hearts' trained and accredited volunteers make about 198,000 in-person visits to patients and more than 30,000 in-person visits to family members and caregivers — reaching 160,000 patients and households. About 6,706 people gained support last year by connecting with a Mended Hearts' volunteer through its Internet visiting program and toll-free helpline.

"I can truly say that I now have [another] job," states Fernandes. Besides visiting cardiac patients in

hospitals, he has co-chaired the National Mended Hearts Conference for the last six years.

In 2005, he was elected national vice president for that group and now sits on the board of directors of the Providence-based chapter of the American Heart Association. He received the 2005 Grass Roots Advocacy network award for lobbying Congress for increased funding for research and development in reducing the incidence of heart disease.

In addition, he received the 2006 Heart of the Year Award from the Rhode Island Chapter of the American Heart Association, recognizing his work with Mended Hearts and the association's annual SNE Start! Heart Walk at Colt State Park in Bristol. For years, heart disease survivors and their families have seen him at the finish line, handing out Pawtucket Red Sox tickets to participants.

After one heart attack, eight cauterizations and one angioplasty, Fernandes sees a future each and every day. From a devastating medical problem, he reaches out and positively impacts his community — of heart survivors.

To learn about your nearest Mended Hearts' chapter, contact the American Heart Association office near you. You can also call (800) 242-8721 and ask for Mended Hearts support or log on to www.mended-hearts.org.

Herb Weiss is a Pawtucket-based freelance writer who covers aging, medical and health care issues for local, statewide and national publications. He can be reached at hweissri@aol.com.

8 for your health, mate

Here are eight tips that will help you maintain a healthy heart. They were gathered from information on the American Heart Association Web site, www.americanheart.org.

- **Stop smoking:** If you smoke, quit. If someone in your household smokes, encourage them to quit. We know it's tough. But it's tougher to recover from a heart attack or stroke or to live with chronic heart disease.
- **Reduce blood cholesterol:** Fat lodged in your arteries is a disaster waiting to happen. Sooner or later it could trigger a heart attack or stroke. You've got to reduce your intake of saturated and trans fat and get moving. If diet and exercise alone don't get those numbers down, then medication is the key.
- **Lower high blood pressure:** It's the single largest risk factor for stroke. Stroke is the No. 3 killer and one of the leading causes of disability in the United States. Stroke recovery is difficult at best, and you could be disabled for life. Shake that salt habit, take any medication the doctor recommends exactly as prescribed and get moving.
- **Be physically active every day:** Research has shown that getting 30–60 minutes of physical activity on most days of the week can help lower blood pressure, lower cholesterol and keep your weight at a healthy level. But something is better than nothing.
- **Aim for a healthy weight:** Obesity is an epidemic in America, not only for adults but also for children. Fad diets and supplements are not the answer. Good nutrition and physical activity are the only way to maintain a healthy weight.
- **Manage diabetes:** Cardiovascular disease is the leading cause of diabetes-related death. People with diabetes are two to four times more likely to develop cardiovascular disease due to a variety of risk factors, including high blood pressure, high cholesterol, smoking, obesity and lack of physical activity.
- **Reduce stress:** Some scientists have noted a relationship between coronary heart disease risk and stress in a person's life that may affect the risk factors for heart disease and stroke.
- **Limit alcohol:** Drinking too much alcohol can raise blood pressure, cause heart failure and lead to stroke. It can contribute to high triglycerides, produce irregular heartbeats and affect cancer and other diseases. It contributes to obesity, alcoholism, suicide and accidents.

From sea to shining table

— Page 13



Volunteer to become a guardian

— Page 10



'You are never too old to set another goal or to dream a new dream.'

— Les Brown

FREE SENIOR DIGEST

Volume 2, No. 11

YOUR SOURCE FOR INFORMATION & COMMENTARY

March 2006

Fighting a 'hidden' foe

State officials increase efforts to stop elder abuse, neglect

By Herb Weiss
For Senior Digest

At this year's legislative session of the Rhode Island General Assembly, lawmakers will consider a budget and several legislative proposals to beef up the state's arsenal of weapons to fight elder abuse and self-neglect.

In every Rhode Island community, elders are victims of physical, emotional, sexual and financial abuse. Last year, there were 1,877 reported cases of elder abuse and self-neglect, a statistic which excludes cases in institutions that house and care for seniors, according to the state Department of Elderly Affairs (DEA).

Of the 890 reported cases of elder abuse, 85 percent of the cases were deemed by the DEA to have merit.

Since DEA enacted its mandatory elder abuse reporting law in 1980, officials say the state agency has investigated more than 11,000 cases of elder abuse.

According to Maureen Maigret, who serves as executive director of the General Assembly's Long-Term Coordinating Council, "elder abuse and self-neglect is really a hidden problem."

Although state law mandates that elder abuse be reported, the general public may not be aware of what constitutes the problem, states Maigret, who served as DEA director from 1991 to 1994.

"Frequently, the abuser is someone known by the abused elder and they may be too embarrassed to report it," she says, because they do not want "the world to know that a caregiver or even their own child may be mistreating them."

Physical, emotional and sexual abuse; neglect, which is the failure to provide support when needed; and financial exploitation are examples of elder abuse, says Maigret.

"You may clearly see signs of bruising when physical abuse occurs", she adds, but emotional abuse might be harder to see. "For isolated seniors in their 80s, who can no longer drive, they may become fearful of reporting any type of abuse because they are dependent on their abuser for transportation and assistance."

According to Maigret, isolation can result in self-neglect, which is a form of elder abuse when living conditions are potentially life threatening. Self-neglect occurs when a person over age 60 cannot provide him or herself with food, water or shelter, perform basic personal hygiene or take necessary medications.

Abuse and neglect remain virtually invisible to the general public and media, especially when the issue is compared to Social Security, Medicare, nursing home care and prescription drug coverage. But Gov. Donald Carcieri and lawmakers have put the spotlight on this societal problem this legislative session.

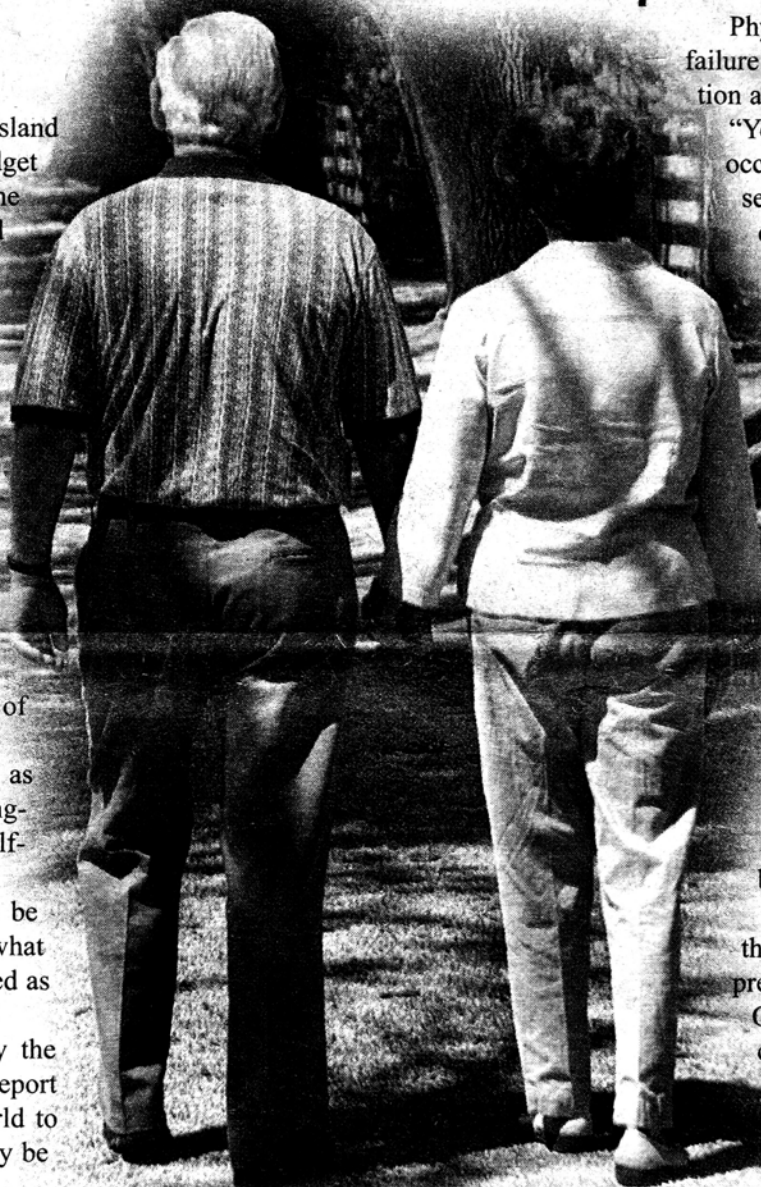
Lawmakers will have the opportunity to consider Gov. Carcieri's fiscal 2007 budget and several pieces of legislation that will ratchet up the state's efforts to combat elder abuse and self-neglect.

Attorney General Patrick Lynch tells "Senior Digest" that his agency is continuing its efforts to chip away at the prevalence of abuse and neglect one case at a time.

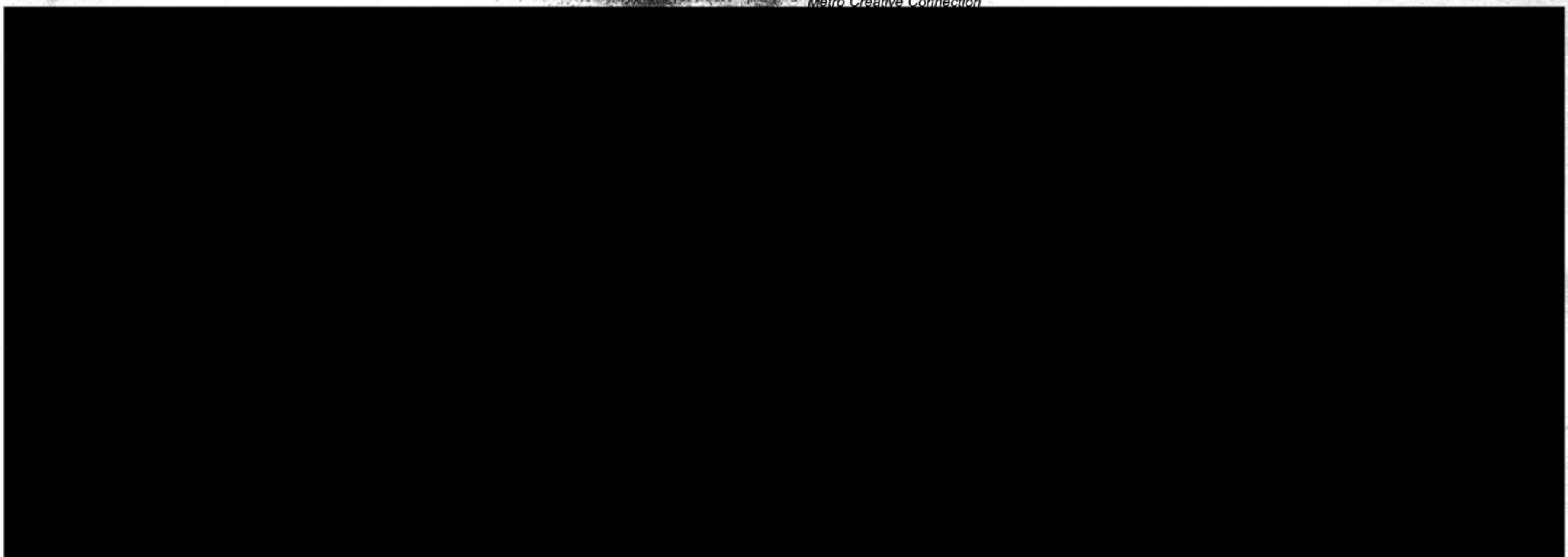
Only in operation for two months, Lynch touted the success of his agency's Elder Abuse Advocacy Unit, created by the General Assembly last legislative session.

Lynch says the new unit is making sure that peo-

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Metro Creative Connection



Abuse

Continued from page 1

ple who prey on and hurt the elderly are investigated and prosecuted.

The three-person unit headed by a prosecutor assisted by an investigator and paralegal successfully prosecuted its first case last month. The case involved a 75-year-old woman who was robbed in her Smithfield home by a former neighbor that threatened her with a knife and punched her in the face, fracturing one of her facial bones.

When the trial concluded, the 47-year-old man, who last reported an address in Worcester, Mass., received a 40-year sentence with 25 years to serve on a robbery count, according to a spokesman for the attorney general.

The judge also gave the defendant a concurrent 10-year suspended sentence on the breaking and entering count.

Lynch noted that the advocacy unit is working closely with the DEA and other aging network groups.

Lynch also plans to push for a new law this legislative session that can be used in his office's battle against elder abuse. Introduced on his behalf by Sen. Michael J. McCaffrey (D-Warwick), who chairs the Senate Judiciary Committee, the bill (S-2185) would ratchet up the penalties for elder abuse and neglect.

The bill focuses upon financial exploitation, abuse, mistreatment, neg-

lect and fraud of seniors and those with severe impairments. Under the bill, first-offense misdemeanor penalties would go from a maximum prison term of one year and/or a maximum fine of \$1,000 to felony penalties of five years in jail and/or a fine of \$2,000.

If someone has reason to believe that an older person is abused or suffering from self-neglect, the matter must be reported to the DEA, says department Director Corinne Calise Russo, because it's the law.

All Rhode Islanders should become "the eyes and ears of DEA" to protect the state's frail elders from physical, emotional and financial abuses, she

said.

On the heels of a "Providence Journal" article that questioned DEA's lack of response to 24-hour hot line calls made after regular business hours, Russo says that her staff was aware of the problem and was in the process of creating an after hours emergency response system, to protect the elderly and intervene on their behalf during nights, weekends and holidays.

Russo noted that Gov. Carcieri has put \$137,000 into proposed budget to fund the implementation of the after-hours system. According to DEA, the system was designed to provide immediate respite assistance to seniors in

crisis. If needed, a licensed clinician would evaluate the older person, and, if necessary, temporarily place the individual into a safe environment, until a long-term solution could be arranged.

The clinician would serve as a liaison to DEA and would notify the department's protective services unit about any off-hour referrals during the next business day.

Finally, Russo noted that Carcieri will be introducing legislation that will add self-neglect to the current elder abuse statute. If enacted, the law would give the state the authority to investigate cases of self-neglect among elders and would establish fines

for people who did not report such matters.

Rhode Island law states that any individual suspecting abuse of a person age 60 or older is required to file a report with the DEA. To file a report, call (401) 462-0555. Failure to report abuse of an elder may result in a fine of up to \$1,000 and a jail term of up to one year.

Herb Weiss is a Pawtucket-based writer, who has covered aging issues for more than 25 years. His articles have appeared in more than 400 local, state and national publications. He can be reached at hweiss-ri@aol.com.

Know the signs of elder abuse

- Elder abuse knows no boundaries. It happens in every city and town, and victims can be poor or wealthy, educated or illiterate, healthy or sick, men or women.
- Elder abuse is often a family issue. In most cases, spouses, children, or relatives caring for the older person are the abusers. This includes self-abusers.
- Elder abuse occurs when a caregiver, family member, or other person with a duty to care for an elder mistreats, neglects, or exploits a person 60 and older.
- Abuse can be physical or sexual such as hitting, pushing, shoving, or forcing an elder to suffer an unwanted sexual advance or assault.
- Abuse can be neglect such as withholding food, medicine, personal care, companionship or needed services.
- Abuse can be exploitation such as using or living off an elder's income or assets without their permission.
- Abuse can be verbal or psychological such as yelling at, intimidating, or demeaning an elderly.

**Reprinted with permission from "Report Elder Abuse...it's the law," published by the Rhode Island Department of Elderly Affairs.*



Senior Digest photo

Radio personality Dave Kane moderates a discussion of culture change in Rhode Island nursing homes and options for at-home and community care at the studios of Rhode Island PBS, Providence. The discussion followed the airing last month of "Almost Home," a documentary about a visionary nursing home director committed to transforming his hospital-like institution into a true home. Joining Kane are, from left, Corinne Calise Russo, director of the Rhode Island Department of Elderly Affairs; Elizabeth Morancy, executive director of the Rhode Island chapter of the Alzheimer's Association; and Marguerite McLaughlin, long-term care project coordinator for Quality Partners of Rhode Island. Kane co-hosts the "Senior Digest Times of Your Life" radio show, which airs from 7-8 a.m. on Sunday on WPRO 630 AM, with "Senior Digest" newspaper publisher Paul V. Palange.



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Robert Frost

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Volume 4, No. 4

YOUR SOURCE FOR INFO

August 2007

RHODE ISLAND PSS

Slater Park memorial to honor Fanny



Children play on a clay model for a replica of Fanny the elephant. The replica will be displayed in Slater Memorial Park. Pawtucket, as a memorial to the beloved elephant that was kept at the former city zoo for years. Eventually, Fanny was moved to the Black Beauty Ranch in Texas, where she passed on.

By Herb Weiss
For Senior Digest

PAWTUCKET — Fanny the elephant had her 15 minutes of fame.

When the 59-year old Asian elephant, renamed Tara, at her East Texas ranch, a 1,250-acre animal sanctuary, died after a two-week illness on Aug. 15, 2003, the Providence Journal actually published an

obituary for the pachyderm.

Now Fanny's memory and her 37-year residency in Pawtucket will be kept alive by the installation of an almost life-size fiber glass sculpture of the elephant, to be installed right next to a recently built children's playground located in Slater Memorial Park.

Fanny came to Pawtucket in 1956, pur-

chased from the Ringling Bros. and Barnum & Bailey Circus for \$10,000. Generations of local residents would visit the elephant, feeding her fruit and peanuts.

Meanwhile, public uproar over the elephant's cramped living quarters, considered substandard by animal advocates, and her isolation from other ele-

phants led to the closing of the small City Zoo at Slater Park and to Fanny's relocation to the East-Texas-based Black Beauty Ranch in 1993.

Barney Heath, assistant director of the Department of Planning and Redevelopment, remembers the city kicked off a Fanny Memorial Fund the same day of the

See Fanny, page 21



Fanny

Continued from page 1

Greenhalgh Mill fire, which instantly derailed the effort.

"It just seemed like an appropriate action to take to help raise the funding to create some sort of memorial," Heath said. With Mayor James E. Doyle's blessing, the planning and Parks departments looked into commissioning a sculpture when the city took on a project in 2003 to replace the old and worn Slater Park playground.

"We were thinking of creating a fun piece of art work that kids could climb on," Heath said. Ultimately, Pawtucket sculptor Chris Kane, who later would become a teacher at the Jacqueline M. Walsh School for the Performing Arts, was hired to sculpt the piece.

According to Heath, a bronze sculpture costing \$40,000 was scrapped because of fund-raising obstacles. "We were hoping to find an angel corporate sponsor and that just did not happen, so we were forced to rethink our efforts," he said.

The initial \$12,000 to kick start the project was set aside out of the funding for the playground.

About another \$15,000 was given to the project by the Pawtucket Arts Festival Executive Committee.

That grant will bring a large permanently placed piece of public art to the city. The 6 foot by 8 foot fiberglass Fanny sculpture will be placed in a dedicated area at the entrance to the playground, Heath said, noting that the sculpture's design shows Fanny's trunk curled up to her mouth, creating a loop for children to climb on.

"I think that it's beautiful that a sculpture will be made memorialize her," says Aron Wishnevsky, 79, a lifelong Pawtucket resident who has resided for 55 years on a street within walking distance of Slater Park. Being so close to the old zoo allowed him to develop a loving relationship with Fanny.

"Fanny was a [important] part of the park, the real draw of the park," said Wishnevsky, the long-time owner of Wishing Well Bridal on Newport Avenue for more than 48 years. While sad to see Fanny depart from Pawtucket he was happy that she found a good

home to spend in her final days.

Wishnevsky considers himself to be one of Fanny's biggest fans, even placing a collage of snapshots of her up in his den. "Although we could not invite her to our house, she was always considered part of our family," he quipped.

Wishnevsky notes that the planning department's sculpture project brings up many fond memories of his favorite elephant. During Fanny's 39 years at the zoo, Wishnevsky and his late wife Patricia visited Pawtucket's only elephant almost weekly after they first got married. She frequently brought their five daughters to see Fanny and eventually took their 10 grandchildren to visit. Three generations from his household visited Fanny.

Wishnevsky and his wife made five trips to Texas to visit the Fanny. Although Pawtucket's elephant was renamed Tara, she never forgot her old name, Wishnevsky noted. During one visit, the elephant came right up to the couple when greeted by her former name.

Kane can't wait for his sculpture to be finished and installed at Slater Park. While his most recognized sculpture is a bronze at T.F. Green Airport of a family running to catch a plane, he expects his Fanny sculpture will be his claim to fame.

Kane is now waiting for Pawtucket officials to sign off on his full-size model. When that happens, he will make a mold that will ultimately be shipped to a foundry in New Hampshire, specializing in fiber glass casting.

While Kane's airport piece, like most monumental sculpture, will end up as a location marker, he believes people will appreciate his Fanny sculpture at a deeper level. "The sculpture is a way to keep future generations coming back to Slater Memorial Park to visit the elephant," he says.

Herb Weiss is a freelance writer as well as the City of Pawtucket's economic and cultural affairs officer. He can be reached at hweissri@aol.com.



PINEAPPLE ANGEL FOOD CAKE

1 angel food cake
1 package instant vanilla pudding
2 cups Cool Whip
1 - 16 ounce can crushed pineapple in own juice

Split angel food cake in half crosswise. Set aside. Combine crushed pineapple with juice and instant pudding. Add Cool Whip. Put some on the bottom layer. Top with other half of cake. Spread remaining mixture over tops and sides. For diabetic dessert, use light pudding and light Cool Whip.

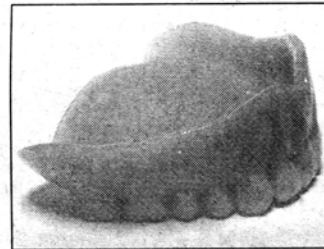
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-Page 12



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Volume 4, No. 5 YOUR SOURCE FOR INFORMATION & COMMENTARY September 2007

City stages arts festival

By Senior Digest staff

PAWTUCKET — The Pawtucket Arts Festival has blossomed into a major Rhode Island cultural event, with a multi-thousand dollar budget, major sponsors and top-notch acts and artists.

From the \$15,000 for the inaugural event in 1999, the budget has grown to \$115,000 for the ninth annual festival, with sponsors such as WJAR NBC 10 and Cox Media, according to Herb Weiss, Pawtucket's economic and cultural affairs officer and chairman of the festival's executive committee.

"Over the last eight years, the Pawtucket Arts Festival has grown by leaps and bounds through the generous support of our business community," Weiss said.

The festival kicked off recently with a concert sponsored by the Pawtucket Red Sox and held at McCoy Stadium,

home of the Triple A baseball team. The headliner for the show attended by about 8,000 fans was Counting Crows. Collective Soul and Live opened the concert.

The citywide showcase of visual and performing arts, interactive workshops, music, theater and dance performances will continue through the upcoming weeks, ending on Sept. 16.

On Sept. 5, the Sandra Feinstein Gamm Theatre, 172 Exchange St., is offering the public a unique opportunity with a special sneak preview of Bernard Pomerance's Tony Award-winning "The Elephant Man" at 7 p.m.

In addition, those interested in attending can obtain two free tickets starting at noon at the Blackstone Valley Visitor Center on Main Street, the Pawtucket Public Library on Summer Street, the mayor's office in City Hall on Exchange Street and the

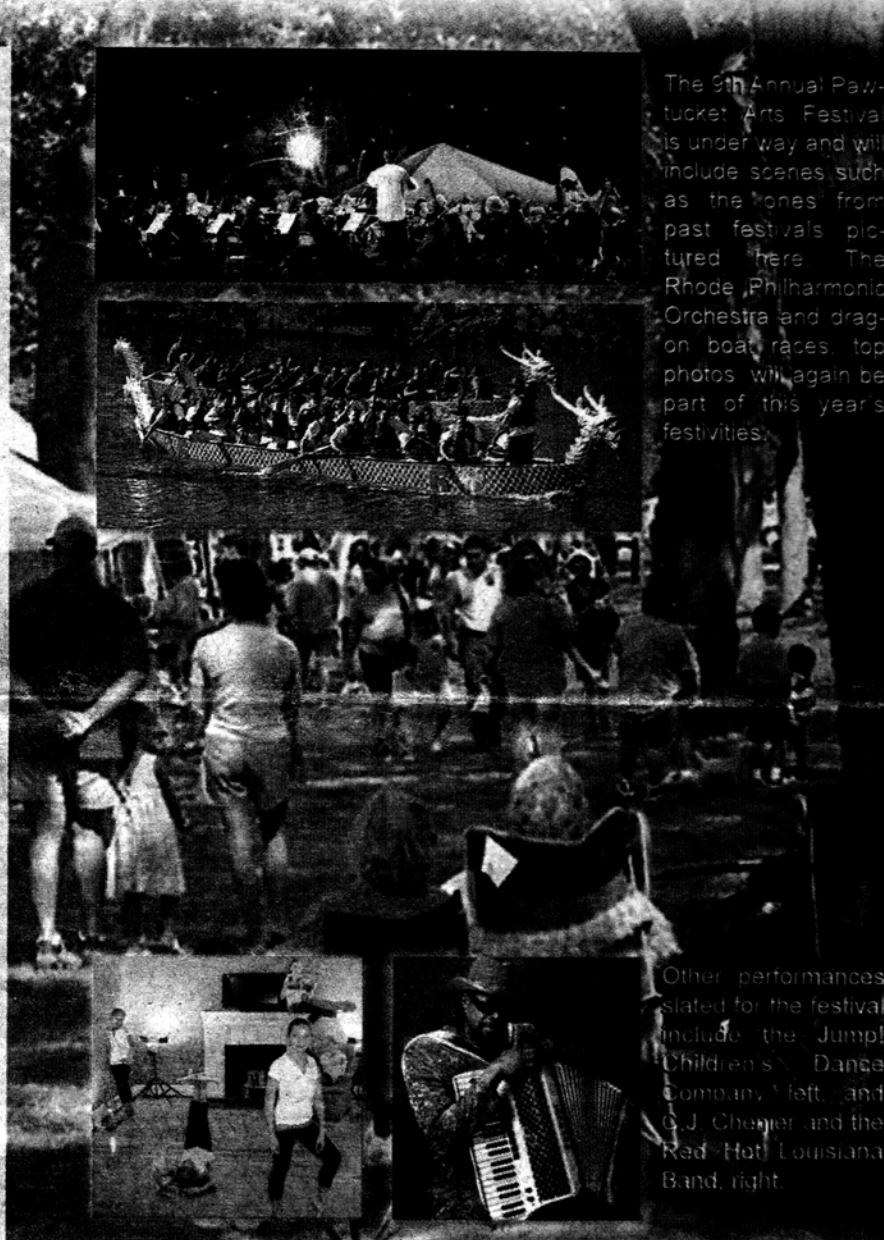
Gamm Theatre.

The festival's opening gala is scheduled for Sept. 7 from 6 to 10:30 p.m. at Slater Mill on Exchange Street, Weiss said. Sponsored by the Hope Artiste Village and the Rhode Island Council for the Arts, the gala will include a Taste of Pawtucket, with food from some of the city's finest restaurants. Admission to the gala is \$10, but there is no charge for children under the age of 6.

Weiss said there will be lively Celtic music by The Gnomes and C.J. Chenier and the Red Hot Louisiana Band, and beer and wine will be available at a cash bar.

Besides the gala, Sept. 7 will include a family fun night sponsored by the Pawtucket YMCA. Starting at 6 p.m., the event will be held in the Visitor Center's parking lot off Roosevelt Avenue.

See Arts festival, page 6

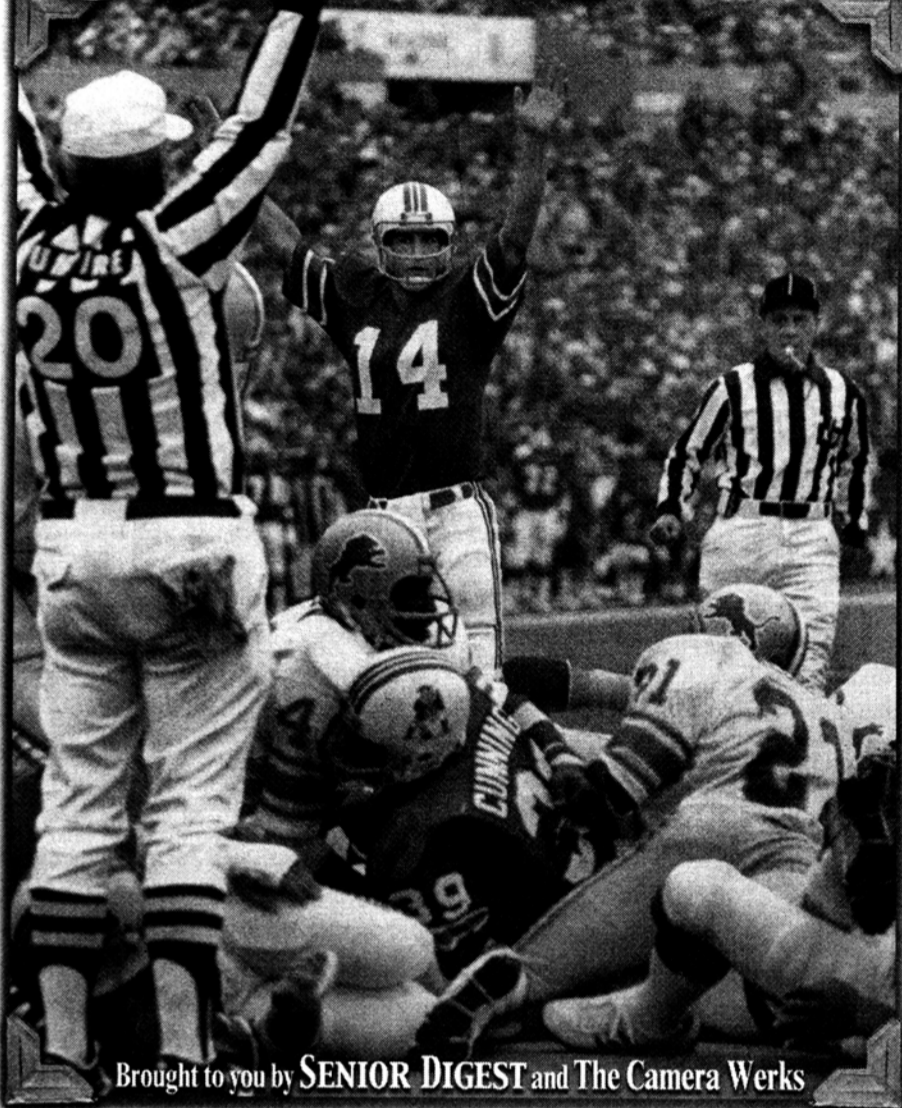


The 9th Annual Pawtucket Arts Festival is under way and will include scenes such as the Gnomes from past festivals pictured here. The Rhode Philharmonic Orchestra and dragon boat races top photos will again be part of this year's festivities.

Other performances slated for the festival include the Jump! Children's Dance Company, Matt and C.J. Chenier and the Red Hot Louisiana Band, right.

Submitted photos

A Glimpse of the Past...



Brought to you by SENIOR DIGEST and The Camera Werks

This photo is from a 1979 New England Patriots vs. Detroit Lions football game at the former Sullivan Stadium in Foxboro, Mass. Quarterback Steve Grogan is celebrating a touchdown dive by Sam "Bam" Cunningham.

-Submitted by Ed MacKinnon Photography, (978) 250-9366

TO ALL OUR READERS...

Please join Senior Digest and The Camera Werks in presenting this feature. We invite all readers to submit their favorite 'Glimpse of the Past' for all to enjoy. Send your photos and a brief description to Senior Digest, A Glimpse of the Past, P.O. Box 74, Seekonk, Mass. 02771, or drop them off at The Camera Werks, 766 Hope St., Providence. Remember to provide a self-addressed, stamped envelope for the safe return of your precious memories.

Participants will receive a gift certificate good for TWO TICKETS to the Gamm Theatre in Pawtucket!

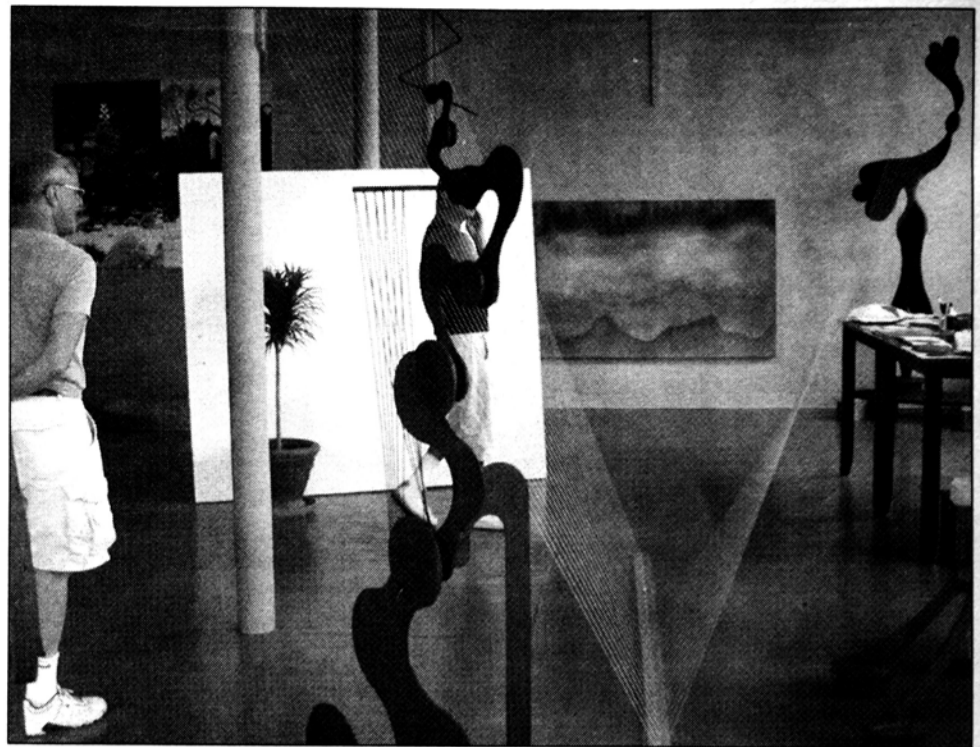
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An art lover enjoys an exhibit during last year's Pawtucket Arts Festival. This year's event, the ninth annual festival, has started and will continue until Sept. 16. The festival will again include art exhibits throughout the city. For more information, go to www.pawtucketarts-festival.org.

Arts festival

Continued from page 1

Family fun night will include a rock climbing wall, face painting, a bouncy house, a 25-foot inflatable obstacle course and a showing of "Shrek the Third" at 8:30 p.m.

On Sept. 8, the 8th Annual Rhode Island Dragon Boat Race & Taiwan Day Festival sponsored by WJAR NBC 10 will be held at the School Street Pier, where rowing teams from across the country will race on the Blackstone River, vying for cash prizes. The festival will also include Chinese and Taiwan dance performances and a variety of traditional craft demonstrations.

Pawtucket Open Studios — a self-guided tour of artists' studios is set for Sept. 8 from 11 a.m. to 7 p.m. and Sept. 9 from 9 a.m. to 5 p.m. The popular event will showcase more than 80 studios throughout the city. Maps are available at the Visitor Center, 175 Main St.,

from 9 a.m. to 5 p.m.

On Sept. 9, the Matlet Group sponsors the Slater Mill Family Fun Fest at 67 Roosevelt Ave. from noon to 5 p.m. There will be food, arts and crafts, hands-on activities, music by the Slippery Sneakers Zydeco Band and storyteller Mark Binder. Also, the All Children's Theater will perform "The Little Mermaid."

Another event on Sept. 9 will be a performance by the Jump and Cadence Collaborative, featuring contemporary ballet. The show will be at the Pawtucket Armory, 172 Exchange St., from 4 to 6 p.m.

The 2007 Arts Fest will be on Sept. 15 and 16 at Slater Memorial Park. Cox Media is sponsoring the Stone Soup Folk Fest, which will be held both days and include performances by the Dave Rowe Trio, Magnolia Cajun Band, Santa Mamba, Minor Swing, Jerimoth Hill and Forever Young, a Neil Young tribute band.

In addition, visitors can browse and shop at more than 81 one-of-a-kind art vendor booths.

On Sept. 14, the Hope Artiste Village will hold its 2nd Annual Open

House at 1005 Main St. from 6 p.m. to midnight, with free food and music.

On Sept. 15, the Pawtucket Teachers' Alliance presents the Rhode Island Philharmonic Pops in Slater Park Concert, featuring conductor Francisco Noya. The concert, which is free, starts at 5:30 p.m., and will be followed by fireworks, according to Weiss.

Prior to the philharmonic, the Rhode Island Firefighters Pipes & Drums will perform at 4:30 p.m. next to the historical carousel. A rain date has been set for Sept. 16.

Also on Sept. 15, the Boys & Girls Club of Pawtucket is participating in National Kids Day and staging a battle of the bands. Activities will be at the club, 1 Moeller Place, from 10 a.m. to 5 p.m.

The city and Camera Werks will announce the winners of the Pawtucket: A City in Focus Photo Contest at a reception on Sept. 16 from 2 to 4 p.m. at the Visitor Center. Mayor James E. Doyle will hand out the awards.

For more information, go to www.pawtucketarts-festival.org or call (401) 724-5200.

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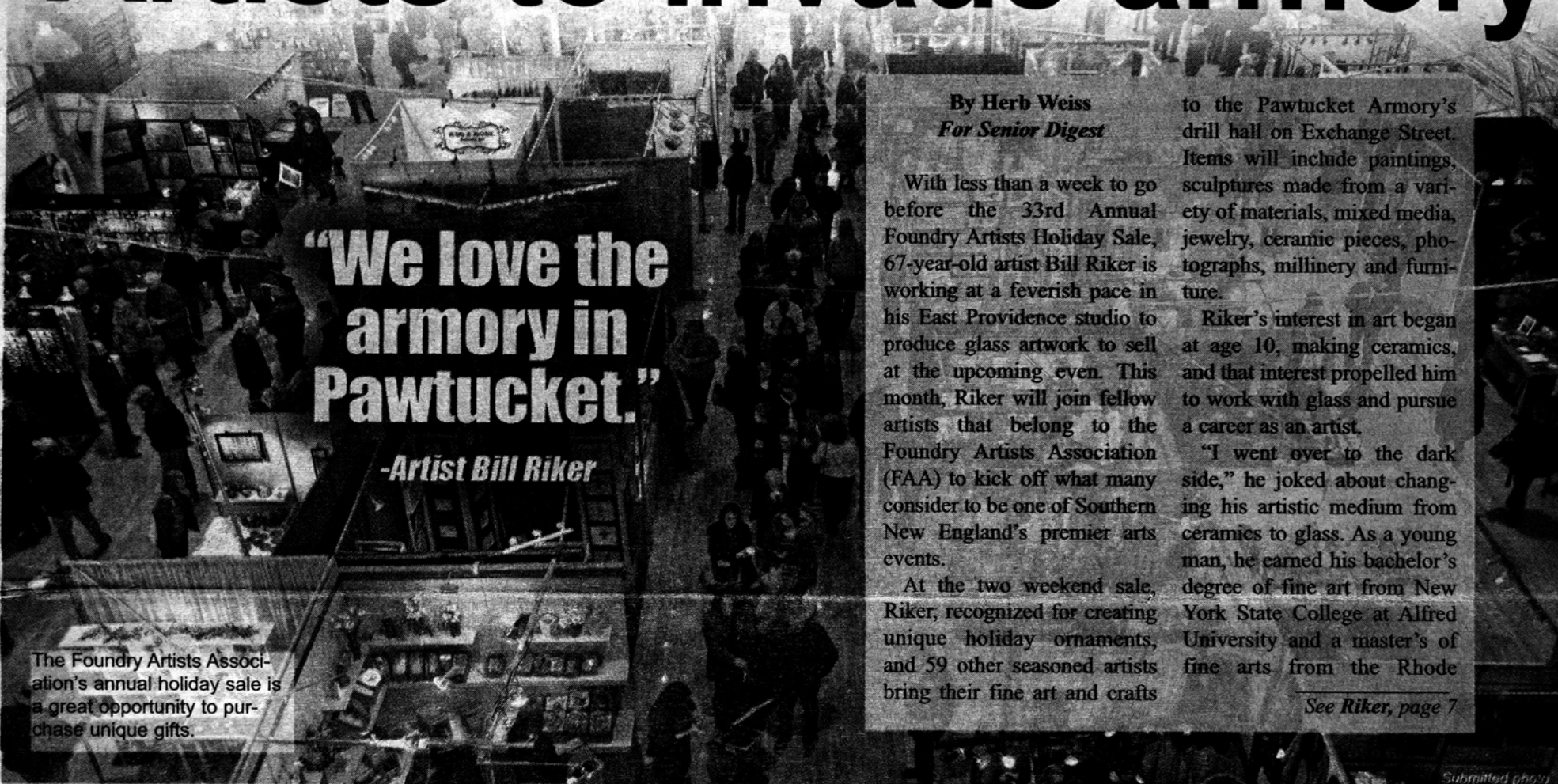
FREE SENIOR DIGEST

Volume 12, No. 7

A JOURNAL FOR PEOPLE AGE 50 AND BEYOND

December 2015

Artists to invade armory



By Herb Weiss
For Senior Digest

With less than a week to go before the 33rd Annual Foundry Artists Holiday Sale, 67-year-old artist Bill Riker is working at a feverish pace in his East Providence studio to produce glass artwork to sell at the upcoming event. This month, Riker will join fellow artists that belong to the Foundry Artists Association (FAA) to kick off what many consider to be one of Southern New England's premier arts events.

At the two weekend sale, Riker, recognized for creating unique holiday ornaments, and 59 other seasoned artists bring their fine art and crafts

to the Pawtucket Armory's drill hall on Exchange Street. Items will include paintings, sculptures made from a variety of materials, mixed media, jewelry, ceramic pieces, photographs, millinery and furniture.

Riker's interest in art began at age 10, making ceramics, and that interest propelled him to work with glass and pursue a career as an artist.

"I went over to the dark side," he joked about changing his artistic medium from ceramics to glass. As a young man, he earned his bachelor's degree of fine art from New York State College at Alfred University and a master's of fine arts from the Rhode

See Riker, page 7

Assisted living within reach for many

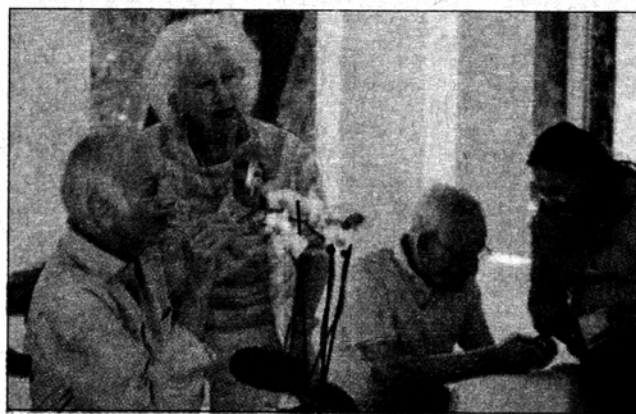
By Metro
Creative Services

As individuals age, various circumstances have to be reassessed. A current living situation may not be meeting the needs of a senior who may be having difficulty caring properly for himself or herself.

Families often consider senior residences to provide welcoming and safe environments for their loved ones during the golden years of their lives. Those facilities may range from independent living homes with minimal care offered to nursing homes that provide more intensive care when needed. Somewhere in the middle

lies assisted living homes, which blend the independence of personal residences with amenities such as housekeeping, medication reminders or meal services.

Assisted living can be a viable option when a person can no longer live alone, but such facilities come with a price. According to a Market Survey of Long-Term Care Costs conducted by MetLife, the national average for assisted living base rates was \$3,550 per month in 2012. In the 2015 Cost of Care Survey conducted by Genworth Financial, the assisted living national-median monthly rate was now



Submitted photo

Consider the different options available to help pay for assisted living services.

\$3,600 -- and it's only expected to grow. Affording those homes and apartments can be challenging for people with fixed incomes, but there are some strategies that can help.

The payment method that serves you best will depend on your unique circumstances, but there are options available. They include:

- Long-term care insurance: Long-term care

insurance is specialized insurance that is paid into and may cover the cost of assisted living facilities and other medical care, depending on the policy. The American Association for Long-Term Care Insurance says that only roughly 3 percent of Americans have that type of insurance, but it is something to consider during working years.

- Personal savings: Some people have the means to pay for assisted living with their own savings and retirement nest eggs. However, it's easy for savings to become depleted when facing a \$40,000-plus per year bill.
- Life insurance: A

financial adviser may advocate paying for assisted living with a life insurance policy. Some companies enable you to cash out for accelerated or living benefits, which usually is a buy-back of the policy for 50 percent to 75 percent of the face value. Other third parties may purchase the policy for a settlement of a lump sum, again roughly 50 percent to 75 percent of the policy's face value, according to Caring.com, an online source for support and information about the needs of aging people.

- Location: Costs of assisted living facilities

See Assisted living, page 11

Concert
ushers in
the season
-Page 9



"The best and most beautiful things
in the world cannot be seen
or even touched.
They must be felt with the heart."

-Helen Keller

Riker

Continued from page 1

Island School of Design, specializing in glass.

The Beginning

As a FAA member who has participated in the holiday sale for more than 20 years, Riker has seen it all. Over the years, the loosely knit organization has become more formalized, he says, like an artist cooperative.

Looking back, Riker says that finding the perfect location was not easy for the community of artists who opened their I-95 Foundry Building Studios in Providence to the public every December. In 1995 when the mill was converted

into office space, its artist scattered to studios throughout New England, but they continued the practice of organizing a holiday show.

"We were like gypsies," says Riker, noting that the holiday sale moved to two downtown Providence locations -- the Veterans Auditorium and a now demolished mill on Charles Street. Ultimately, the Foundry Artists would jump across city lines, relocating to the Grant Building on Pawtucket's historic Main Street and later to Riverfront Lofts across the river from City Hall.

In 2002, Riker says that the Foundry Artists came to the 1894 castle-like Pawtucket Amory on



Submitted photo

Senior Bill Riker will have items such as the ones shown here on sale at the upcoming Foundry Artists Holiday Sale.

Exchange Street. Its 11,000-square-foot drill hall would make a perfect location for the artists to display their works. Riker was at the initial FAA holiday sale. "We had to be adaptable to make it work," he says, overcoming many obstacles.

He remembers that at the first holiday sale, the artists needed to use a large propane heater to raise the temperatures in the hall, and that portable cans were placed at the back of the drill hall to serve as de facto rest-rooms for the shoppers. With paint peeling from the ceiling and walls, the huge space needed a good coat of paint.

In addition to the paint job, other improvements have been made to the historic armory during the 13 years the holiday sale has been held there, Riker said. Those propane heaters have been replaced with an efficient gas heating system, built-out rest rooms are now available to the shoppers and there is a new wooden floor.

The improvements transformed the building into a wonderful venue for the artists. "We love the armory in Pawtucket," Riker said.

Because of years of experience organizing a large scale art sale, "we are good at what we do," says Riker. With a show over two weekends, shoppers are usually drawn back for multiple visits, leaving with a piece of art that initially caught their eye, he says.

The Details

One of Rhode Island's oldest shows runs for seven days over the first two December weekends, starting with the gala opening night on Dec. 3 from 5 to 9 p.m. The gala

will feature the John Juxo and Otis Read Duo, refreshments and the start of a silent auction showcasing items valued at more than \$50 and donated by the artists.

The show continues on Dec. 4 from noon to 8 p.m.; and Dec. 5 and 6 from 10 a.m. to 6 p.m. Proceeds from the first weekend of the silent auction will be given to two nonprofits: the Sovereign House, an advocacy and resource center for Rhode Island domestic abuse victims, and Resources for Human Development, a Pawtucket-based arts studio program that serves adults with a range of disabilities.

The show reopens on Dec. 11, running from noon to 8 p.m. It continues on Dec. 12 from 10 a.m. to 6 p.m. and Dec. 13 from 10 a.m. to 6 p.m.

There is no admission charge to the show, and free parking is available in an adjacent lot and there is on-street parking. Parking for handicapped motorists is available in back of the building. No sales tax will be charged on purchases, and all major credit cards will be accepted.

For additional information, go online to foundryshow.com or visit the Foundry Artists Association's Facebook page.

Herb Weiss is a Pawtucket-based writer. Contact him at hweiss-ri@aol.com.

Talks about extended care are challenging necessities

Even for those who consider themselves to be good communicators, some conversations are going to be difficult. That's especially true for families who have to talk to a parent about making a permanent move to extended care. It's extremely difficult to look on as an elderly parent becomes frail and loses independence. It's also not easy to broach the thorny topic of change with a parent who's not ready to accept his or her situation.

More often than not adult children avoid talking about potential future needs with their parents until one of the parents ends up in the hospital. Upon discharge, the family may find out that the hospital discharge planner recommends a move to living arrangements in a supportive environment such as a nursing home. Ultimately, the adult children and parents alike are left reeling from the news and find themselves unprepared for the difficult decisions ahead.

Elder care experts all agree that conversations about future care needs



By Jennifer Fairbank

should be started early on. Discussing preferences and gathering information in advance will help make transitions much easier for everyone involved.

The Rhode Island Health Care Association (RIHCA) offers a great online resource for advice on how to start the dialogue about care options with an aging parent on the association's website at www.rihca.com.

The site's menu selection for "consumers" provides a link to the American Health Care Association's online resource called, Care Conversations. It offers detailed advice for adult

children who don't know how to begin the difficult conversations that will help their aging parents prepare for care needs. It covers topics such as early signs that a loved one needs more care; how to handle a crisis; what types of care exist; and how to choose the right care in the right setting. The site also includes a variety of planning tools, including downloadable forms such as advanced directives for each state.

The "consumers" tab on www.rihca.com also has a link to local elder care resources such as the Rhode Island Department of Elderly Affairs and the Rhode Island Executive Offices of Health and Human Services. RIHCA's consumer resources web page is also a good starting point for information about financial planning and payment information.

Having worked in long-term care for decades, I've often met families that witnessed the increasing frailty of their mom or dad long before it got to the point

that they needed long-term care. Despite their observations, however, they put off doing the necessary legwork that could have made future regressions in their parent's health easier to bear. Making hard choices in crisis mode is a recipe for disaster.

Fear of the unknown always makes a bad situation worse so it's extremely worthwhile to make the effort (however difficult) to spend time talking about long-term care options well before they're needed. The best that can happen is that a conversation takes place that your family will never have to draw upon; and in the worst case, everyone involved will be better prepared to make an anxious situation a little less stressful.

Jennifer Fairbank is executive director of South County Nursing and Rehabilitation Center in North Kingstown. Contact her at Jennifer.Fairbank@reveraliving.com or (401) 294-4545.

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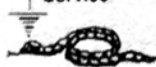
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FREE SENIOR DIGEST

Volume 13, No. 6

A JOURNAL FOR PEOPLE AGE 50 AND BEYOND

June 2017

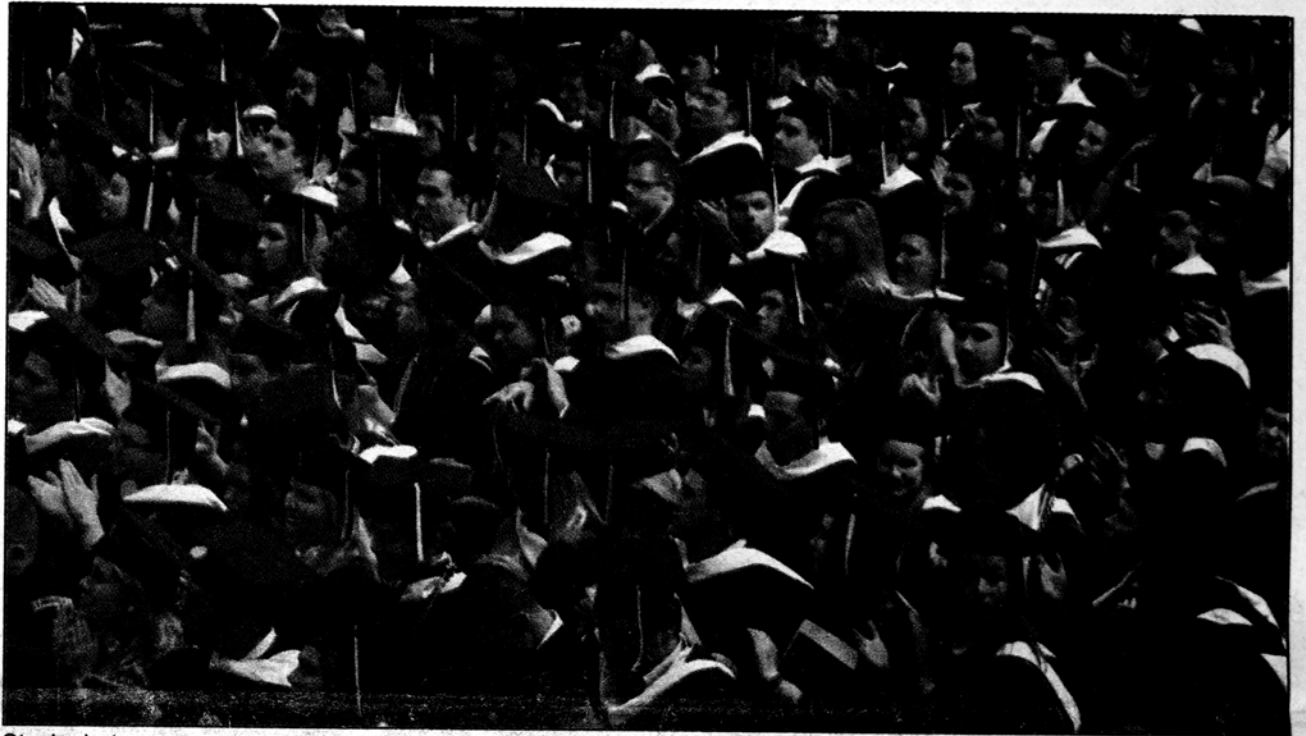
Older Rhode Islanders Give Tips to Graduating Seniors

By Herb Weiss
For Senior Digest

During the month of May and into June, commencement speakers will be addressing the graduating Class of 2017 at Colleges, Universities and higher learning institutions in Rhode Island and throughout the nation. Robed graduating seniors will listen attentively to these 10 minute speeches usually given by very well-known lawmakers, judges, television personalities and business CEOs who offer tips on how the graduate can live a successful and fulfilling life. The graduate can only hope that this advice that might just propel them into a more rewarding personal and professional life.

Traditionally this notable, successful, and stimulating figure, is oftentimes well-known in the community. Larger institutions may choose speakers of national or international renown, but sometimes this recognition comes at a great cost, commanding high speaking fees. Locally, Brown University, unique among Ivy League institutions, features graduating seniors, rather than outside dignitaries, as their commencement speakers.

So, I suggest to Presidents of Colleges and Universities, with your tight operating budgets, you can save a little money by not bringing in high-paid commencement speakers with another alternative. As can be seen below, there are many potential candidates in Rhode Island communities that fly below the selection committee's radar screen and can give college graduates very sound strategies for success gleaned from their everyday life experiences. The messages gleaned from average every day Rhode Islanders will most surely give a road map on how the graduating



Stock photo

senior can reach their potential in a very challenging world.

Eric J. Auger, 48, Pawtucket, Co-Founder/Creative Director for TEN21 Productions: "Having been an active artist and exhibiting my work since the age of 4, I can look back at 44 years of trials and errors that have influenced me to become the artist that I am today. My advice to anyone starting out is to follow your intuition and embrace all the success and failures that it may bring you. Living through and learning from these experiences is what opens your

eyes to your true potential."

Michael Bilow, Providence, Writer at Motif Magazine: "Only you are the ultimate judge of what you want. Take advice from people who want to help you, but don't worry about pleasing them. Money is important to have enough to be independent, but not as an end in itself. Never take a job or a romantic partner just because others expect it of you. Be nice, but not too nice. Don't lie to yourself."

See Tips, page 8

Lovely
Lemons
- page 12



"Ask the
Lawyer"
- page 4



"No price is set on the lavish summer;
June may be had by the poorest comer."

- James Russell Lowell

Tips

Continued from page 1

Worry less. You have a right to be happy.”

Natalie Carter, 73, Cumberland, Director of Operations for Blackstone Valley Tourism Council: “One of the oldest pieces of wisdom ever dispensed is one that has guided my life “Know Thyself.” It still directs my life that has been filled with remarkable events and few regrets. However, there is the wisdom of Edna St. Vincent Millay to learn from “I am glad that I paid so little attention to good advice; had I abided by it I might have been saved from some of my most valuable mistakes.”

Greg Gerritt, 63, Providence, Head of Research for ProsperityForRI.com: “Climate Change is the existential crisis of our time. Be ready to resist the oligarchy when they seek to prevent protest and work to protect their fortunes. Be ready to resist the oligarchy when they crank up the false news and the war machine. If you shut down the war machine and truly stop climate change your lives will be better. If you do not, get ready for a hot and violent planet and community.”

Maureen O’Gorman, Warwick, Adult Correctional Institute GED Teacher: “Meredith Grey, fictional philosophizing doctor said: “The story of our evolution is the story of what we leave behind.” Human tails no longer exist and the appendix isn’t functional. Every choice we make comes at the cost of choices we didn’t make. Reinventing ourselves can’t happen without discarding something behind as we move forward. Honor the past, but do not live in it.”

Nora Hall, 72, North Kingston, freelance writer: “Empathy may be the most important life skill you can develop. It enables you to “put yourself in another’s shoes” and makes you a great leader.”

Everett Hoag, 63, North Providence, President of Fountain Street Creative: “Advice to new artists – Believe in yourself and your work. Explore as many forms as you can. Discover art comes from inside and as long as you have the skills, true art will emerge. Keep creating and create what is true to you, never stop or be discouraged by what others say... Designers — we make the world more beautiful. More functional. Safer. More special. The more of ‘you’ that goes into your work, the more original it becomes; there’s something magical about that.”

John Kevorkian, 63, East Greenwich, Management Psychologist/Business Coach: “Over the years, I’ve noticed that so much of success comes from simply showing up. Be aware, get involved, get engaged with what is im-

portant to you. Be there and be! Be truly interested in understanding the other’s viewpoint and situation. Ask questions and listen to learn what you don’t know and then you

sons to learn at every corner. Take advantage of opportunities to grow your mind and pursue your dreams. Believe in yourself, believe in others, always be humble and kind.”

“The messages gleaned from average every day Rhode Islanders will most surely give a road map on how the graduating senior can reach their potential in a very challenging world.”

will be well prepared to confidently voice opinions and be helpful. Be a catalyst. It is easier to make things happen if you don’t care who gets the credit.”

Larry Monastesse, 65, Pawtucket, Director of Administration, Coastline Employee Assistant Program (EAP): “Passion and Education is the Key. Mistakes happen- learn from them but do not quit. Keep your goals front and center. Have the courage to follow you heart, it is the true measure of your success. Time is limited, share with family and friends. They will be with you on your lifelong journey. Make time for yourself and give back to society in some form that you are comfortable with and enjoy. Do dream and enjoy the ride.”

Steven R. Porter, 52, Gloucester: “A college diploma is treated like the end of an educational learning journey, but truthfully, it’s just the start. Those who will be the most successful in life never stop reading, studying or acquiring new skills. The world is a rapidly changing place, and higher education does a good job of preparing you for what the world was like, not what the world is going to be. Stay positive and aggressive.”

Debra Rossetti, over 50, Central Falls, Staff Developer/Literacy, New York City Department of Education: “You can and will make a difference in our society and world, This day is a special and important milestone in your life. You have accomplished much to be standing where you are now, but your journey has just begun. You have much more to do and challenges to bear in your years ahead. Transform yourself in to the person you aspire to be, be ready for change, think forward and move forward. Continue to educate yourself. Life is a journey with les-

Randy Sacilotto, 55, Cumberland, Navigant Credit Unions, Vice President, Community Development: “My mom told me to remember to love people and use things, never the other way around. This may seem pretty simple and logical. Yet there are times we may want to do the reverse. Remember that it is by genuine caring interaction with another human soul that we learn and laugh and grow. And nothing you will own will ever visit you when you’re sick, hold you when you’re sad, or celebrate your accomplishments.”

Susan Sweet, 75, Rumford, former state employee: “Make your own trail and avoid the well-worn path. Find interests and passions and live them. Create purpose in your life. Do something good, something useful in your life. Contribute to the happiness and well-being of other beings. Let Death be your advisor.”

Patricia Zacks, 63, Pawtucket, Owner of Camera Werks: “Never be afraid of trying new things. Hardships and setbacks are part of life, but it is how we deal with them that can make all the difference. Obstacles may be opportunities in disguise, and change oftentimes leads to new roads, exciting journeys and a time of self discovery. Follow your bliss.”

Herb Weiss, LRI’12 is a Pawtucket writer covering aging, health care and medical issues. To purchase Taking Charge: Collected Stories on Aging Boldly, a collection of 79 of his weekly commentaries, go to herbweiss.com.

The Bristol County Fife and Drums to Perform in the Linden Place Gardens

Linden Place Museum opens the 4th of July season with The Bristol County Fifes and Drums concert in the beautiful, historic Linden Place gardens. The performance will take place on Thursday, June 8, 2017 at 6:00pm.

The Bristol County Fifes and Drums (BCFD) of Bristol, RI are the official field music for the Bristol Train of Artillery. They are dedicated to the preservation of ancient martial music.

The six-hole, two-piece fifes and wooden shell, rope tension drums they use are reminiscent of Revolutionary War style instruments. They appear in period costume and

perform to music of the 18th and 19th centuries, complete with musket fire and narration.

Annually the group can be seen in over a dozen local parades and events throughout RI and Southeastern MA. The highlight of their summer schedule is their hometown 4th of July parade.

Tickets for the concert are \$5 for general admission and free Linden Place members. Guests are welcome to bring a picnic and chairs or blankets. Reservations can be made by contacting Linden Place at (401) 253- 0390.



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