The King House Times

September 2015

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The King House Times is a publication of
The Edward King House Senior Center
35 King Street, Newport, RI 02840
401.846.7426

Hours: 9:00am to 4:00pm Monday ~ Friday
Lunches Served Daily at Noon.
Evening and weekend hours vary.
We're on the web! www.edwardkinghouse.org

Our Mission

The Newport Senior Center at the Edward King House provides an active and enriching environment in a warm, welcoming, attractive setting for residents of Newport county fifty years of age or older. Membership includes exercise classes, health and wellness workshops, various educational programs and social events. The Center provides supportive services attuned to the diverse needs of today's senior adult.

From the Desk of the Executive Director . . .

September marks a personal and professional anniversary with the Edward King House for me. As I embark on my third year as captain of the ship, I am struck by how far we have come in such a short period of time. Together, we have seen a number of changes and return of some much loved traditions.

We saw ***Senior Week (formerly the Newport Holiday for Seniors)*** returned to the EKH lineup. During this week of celebration and advocacy in July, the EKH successfully reminded the community that the senior population is not now and never will stand for being considered the "invisible" population. The community was reminded that affordable living, accessible transportation and opportunities for networking and enrichment were the top three "must haves" for people over the age of 50.

We saw the expansion of enrichment programming to include the ***Newport Circle of Scholars*** and the doubling of offerings to members by our very own instructors.

We saw the inception of the a new flagship fundraiser in the ***Run For The Roses Spring Gala*** and the return of our ever-popular signature member event, the ***Annual Cocktail Party***.

We saw the offerings of clubs and specialty groups grow roots and become of the daily fiber. New offerings now including a play reading group and weight loss support group.

We now see the birth of Edward King House community series of events that include live performances, 60 minute technology workshops, New England Daytrippers, and Readers/Writers Lectures. All of this in addition to newly formed ***Senior Support Mall*** to be announced in October.

We have also seen the influx of new forms of communication, streamlined registration processes and our very own line of gifts and apparel.

I cannot stress enough how important it is that each member read carefully what we send you in hard copy, by email or phone message. (Note: Remember that hard copies of this newsletter and future newsletter will only be sent to members who have no access to the internet.) It is likely you will miss out on an important opportunity if you even wait one day before opening what we send you. Please don't be left behind. Join me in my third year as we embark on every new adventure together.

And bring a friend along!

~Carm

The East Bay Foster Grandparent Program currently has openings in Newport & Bristol Counties and East Providence. If you are 55 or older and want to share your experience and compassion, you have what it takes to be a Foster Grandparent. The Foster Grandparent Program provides a unique service built on the natural bond between generations. The Foster Grandparent Program is the bridge that connects these generations. Foster Grandparents assist in schools, Head Starts, libraries and other non-profit organizations throughout the East Bay. As a Foster Grandparent, you're a role model, a mentor, and a friend. You will help children learn to read, provide one-on-one tutoring, and guide children in need. Foster Grandparents receive a modest hourly tax-free stipend, travel allowance, meals, paid holidays and accident and liability insurance while on duty.

Foster Grandparents

50 Years of Service 1965-2015
east bay community action program
THE BRIDGE TO SELF-RELIANCE

If you are interested in becoming a Foster Grandparent
or if you are an organization interested in sponsoring a Foster Grandparent,
please contact East Bay Community Action Program at 401-435-7876.

SHIP SETS SAIL FOR NEWPORT

The Senior Health Insurance Program, known as SHIP, includes Newport among its ports of call. In case you hadn't heard, this free health insurance counseling program is offered at the Edward King House every Wednesday from 11AM to 2 PM. Call Dale Dupuis at 401-662-3252 to schedule your appointment.

SENIOR HEALTH INSURANCE PROGRAM

Funded by the U. S. Department of Health and Human Services, and sponsored in Rhode Island by the Division of Elderly Affairs, the SHIP is navigated throughout Newport County by the Elders Department of Child & Family of Middletown, with help from its partner agencies: Edward King House; Dr. Martin Luther King Jr. Community Center of Newport; and the Portsmouth Multi-Purpose Senior Center.

In addition to counseling seniors on all Medicare-related issues, assistance is offered on numerous other aspects of health insurance such as Medicaid, Part D Extra Help, Medicare Savings Programs, and other low-income subsidies. The Senior Medicare Patrol (SMP) is available to educate Medicare recipients and their caregivers about protecting the Medicare Trust from fraud and abuse. For more information, or to learn about becoming a SHIP or SMP volunteer, call Gerry LePage at Child & Family, 848-4185.

September 2015

$3.00 Suggested Donation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Funded in part by the U.S. Administration on Aging and State funds through the RI Division of Elderly Affairs.				
7 **LABOR DAY** **CENTER CLOSED**	**8** Pasta & Bean Soup **Florentine Fish** Oven Roasted Potatoes Cauliflower & Pimentos Ice Cream Marble Bread *(Sliced Chicken & Cheese on Marble)*	**9** Onion Soup w/Croutons **Salisbury Steak w/Gravy** Buttered Noodles Mixed Vegetables Coffee Cake Whole Wheat Roll *(Tuna Salad on Wheat)*	**10** Chili Soup **Grilled Chicken Breast** Red Bliss Mashed Potatoes Tomato Half Mandarin Oranges Rye Bread *(Corned Beef & Swiss w/Mustard on Rye)*	**11** **Brunch** Orange Juice Plain Omelet w/Tomato Slice Crispy Cubed Potatoes Fresh Fruit Cup
14 Italian Wedding Soup **Meatballs w/Sauce** Pasta w/Sauce Capri Blend Vegetables Tapioca Pudding Italian Bread *(Turkey Salad on Italian Bread)*	**15** Egg Drop Soup **Orange Glaze Chicken** Vegetable Egg Roll Oriental Blend Vegetables Lorna Dune Cookies White Bread *(Tuna on White)*	**16** Lentil Soup **Italian Sausage on a Roll** Peppers & Onions Carrot Slaw Sports Bar *(Chicken Sausage on a Roll)*	**17** **Happy Birthday** Chicken Escarole Soup **French Meat Pie w/Ketchup** **Green beans** Frosted Cupcake Pumpernickel Bread *(Ham Salad on Pumpernickel)*	18 Red Chowder **Baked Lemon Fish** Mashed Potatoes Broccoli Cuts Sliced Pears Multi Grain Bread *(Pastrami & Swiss on Multi Grain)*
21 Split Pea Soup **Baked Ham w/Pineapple Glaze** Sweet Potato California Blend Vegetables Oatmeal Raisin Cookies Wheat bread *(Egg Salad on Wheat)*	**22** Chicken & Orzo Soup **Beef Wellington w/Ketchup** Asparagus Cuts Pineapple Chunks Snowflake Roll *(Italian Tuna on a Roll)*	**23** Tomato & Rice Soup **Antipasto Salad (Lettuce w/ Assorted Meats & Cheeses w/ Dressing)** Pudding Garlic Bread *(Chicken Salad on a Croissant w/ Small Salad)*	**24** Vegetable Soup **Italian Style Chicken Cutlet** Wild Rice Zucchini Apricot Half Oatmeal Bread *(Seafood Salad on Oatmeal Bread)*	**25** Seafood Gumbo **Potato Crunch Fish w/Tartar Sauce** Au Gratin Potatoes 3-Bean Salad Sponge Cake Wheat Bread *(Roast Beef & Cheese w/Mayo on Wheat)*
28 Chicken Soup w/Anci de Pepe **Sloppy Joe** Cole Slaw Ice Cream Sandwich Wheat Hamburger Roll *(Turkey & Cheese on Wheat Roll)*	**29** Lemonade **Low Sodium Hot Dog on Roll** Baked Beans w/ condiments Mixed Vegetables Fresh Fruit *(Hamburger on a Roll w/ condiments)*	**30** Broccoli & Cheddar Soup **Baked Chicken Leg Quarter** Corn Bread Stuffing Prince Edward Vegetables Unsweetened Apple Sauce Rye Bread *(Honey Ham & Cheese w/Mustard on Rye)*		***Contact Blackstone Health Inc for concerns regarding Food Allergies.*** ***Thank you for your donations! Checks can be made out to Blackstone Health, Inc. Your donations help keep the program going!***

October 2015

$3.00 Suggested Donation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Funded in part by the US administration on aging and state funds by the Rhode Island Department of Elderly Affairs.			**1** Beef Vegetable Soup **Roast Turkey w/Gravy** Mashed Potatoes Sliced Carrots Brownie Marble Bread *(Tuna on Marble Bread)*	**2** Onion Soup w/Crouton **Veal Parmesan** Seasoned Shells Italian Vegetables Lemon Pudding Sliced Italian Bread *(Egg Salad on Italian)*
5 Chicken Noodle Soup **Liver & Onions w/Gravy** Baked Potato Capri Blend Vegetables Sliced Peaches Rye Bread *(Chicken Salad on Rye)*	**6** Juice **Beef Stroganoff** Buttered Noodles Scandinavian Blend Vegetables Shortbread Cookie Snowflake Roll *(Salmon Salad on a Roll)*	**7** Tomato & Rice Soup **Chicken Cordon Bleu w/Gravy** Red Bliss Mashed Potatoes Broccoli Cuts Spumoni Ice Cream Wheat Bread *(Meatloaf w/Ketchup on Wheat)*	**8** White Chowder **Antipasto Salad** **(Lettuce with assortment of Meats and cheese in dressing)** Tapioca Pudding Multi-Grain Bread *(Pastrami & Swiss on Multi-Grain) with side salad)*	**9** Pasta & Bean Soup **Meatball Sub on Grinder Roll** Tomato & Cucumber Salad Fresh Fruit *(Italian Grinder)*
12 **<u>CLOSED</u>** **COLUMBUS DAY**	**13** Venus Di Milo Soup **Chicken Cacciatore** Oven Roasted Potatoes Winter Blend Vegetables Pudding Oatmeal Bread *(Tuna on Oatmeal)*	**14** Lemonade **Low Sodium Hot Dog on a Roll w/condiments** Baked Beans Asparagus Sliced Pears *(Hamburger on a Roll w/ Condiments)*	**15** **HAPPY BIRTHDAY** Chicken Soup w/Anci de Pepe **American Chop Suey** Elbow Pasta Brussel Sprouts Frosted Cupcake Roll *(Turkey & Cheese on a Croissant)*	**16** Red Chowder **Country Crisp Fish w/Tartar Sauce** Wild Rice Cole Slaw Hoodsie Cup Wheat Hamburg Roll *(Chicken Salad on Wheat Roll)*
19 **BRUNCH** *OJ* *Scrambled Eggs/Sliced Tom* *Crispy Cubes Home Fries* *2 Sausage Links* *Fresh Fruit cup*	**20** Vegetable Soup0 **Fried Steak w/Country Gravy** Mashed Potatoes Green beans Fruit Cocktail Multi-Grain Bread *(Fresh Tomato & Mozzarella on Multi-Grain Bread)*	**21** Chicken Escarole Soup **Baked Ham w /Glaze** Rice Pilaf Carrot & Raisin Slaw Fresh Fruit Wheat Bread *(Chicken Loaf on Wheat)*	**22** Lentil Soup **Stuffed Pork Chop w/ Applesauce** Ratatouille (baked diced eggplant & tomatoes) Mandarin Oranges Rye Bread *(Shrimp Salad on Rye)*	**23** Minestrone Soup **Grilled Chicken** Caesar Salad (romaine/croutons & grated parmesan cheese) Coffee Cake Pumpernickel Bread *(Corned Beef & Swiss on Pumpernickel w/small salad)*
26 Potato and Leek Soup **Stuffed Cabbage with sauce** Seasoned Spinach Garlic Bread Vanilla Pudding (Bologna & Cheese w/must on Multi Grain)	**27** Kale & Bean Soup Italian **Sausage on a Roll w/ Peppers & Onions** Steamed Zucchini Sports Bar *(Chicken Sausage on a Roll)*	**28** Clear Chowder **Crab Cake w/ Tartar Sauce** **Potato Log** 3 Bean Salad Chocolate Chip Cookie Croissant *(Chicken Salad on a Croissant)*	**29** Beef Barley Soup **Stuffed Chicken w/Gravy** Rice Pilaf California Blend Vegetables Fresh Fruit Wheat Bread *(Italian Tuna on Wheat)*	**30** Goblin's Chicken Soup **Raven's Beef, Mushrooms, Pearl Onions in Wine Sauce** Biscuit Witch's Mixed Vegetables Pumpkin Patch Butterscotch Pudding *(Scary Seafood Salad)*

Shopping at . . .

THE EDWARD KING HOUSE

Apparel & Gifts

Place Your Order today!

Shirts/Vests

Mugs/Water Bottles

Pens/Bags

Support the Edward King House by sporting the latest in EKH gear. The King Gift Shop will offer by order polo shirts, fleece vests, t-shirts, canvas totes, cinch bags, mugs, glasses, water bottles, pens/pencils and so much more. Take a look at our form and place your order today.

Edward King House Gifts and Apparel

Orders due by Friday, October 2, 2015

NAME:	Phone:
Email:	Date of order:

ITEM	Circle one	SIZE (CIRCLE)	UNIT PRICE	QUAN-TITY	TOTAL DUE
Short Sleeve Embroidered T-Shirt	Men's Women's	ADULT: S M L XL XXL XXXL	$20		$
Short Sleeve Embroidered Polo Shirt	Men's Women's	ADULT: S M L XL XXL XXXL	$30		$
Embroidered Fleece Zip Up Vest	Men's Women's	ADULT: S M L XL XXL XXXL	$35		$
Embroidered Lightweight Zip Up Hoodie	Men's Women's	ADULT: S M L XL XXL XXXL	$35		$
Insulated Water Bottle	Standard	Standard	$5		$
Ceramic Mug	Standard	Standard	$5		$
Keychain	Standard	Standard	$3		$
Pen	Standard	Standard	$1		$
Cap	Standard	Standard	$15		$
Tote Bag	Standard	Standard	$12		$
Decal	Standard	Standard	$7		$
				TOTAL AMOUNT DUE	$

Apparel Items will take up to 3 weeks for delivery. Make Checks Payable to: Edward King House

All orders MUST be picked up at the Edward King House once the order arrives.

Please reserve _____ for me for the 2015 Annual Cocktail Party.
I have enclosed $ _____

Name:_____

Address:_____

City: _____State: ___ Zip:_____

Phone: _____

E-Mail: _____

Make Checks Payable to: Edward King House or purchase your tickets online at www.edwardkinghouse.org

Kristina Hanzenova, soprano

invites you to a soloist concert

The Edward King House is proud to present
Soloist ~ Kristina Hanzenova and Pianist ~Cody Mead
in Concert
Goodwill offering will be accepted
First Come-First Served Seating

at Edward King House, Sunday, September 13th at 7pm
35 King Street, Newport, Rhode Island (behind the Library)

Program:

Classical songs and arias by world famous composers

Piano Accompaniment: Cody Mead

" Don't step on it... It makes you cry "

The Edward King House

Weight Loss Support Group

will reconvene on
Monday, October 19th
at 10:30am
in the Center's Library
All Members are welcome
These session are offered free of charge .

The EBCAP Senior Restaurant Program is open to individuals 60 years of age or older. Vouchers for the program, which must be obtained prior to dining, are available at the Edward King House Senior Enrichment Center located at 35 King Street in Newport, RI or at East Bay Community Action Program, 100 Bullocks Point, East Providence, RI. A donation of $5.00 is suggested. Vouchers for IHOP are redeemable at the Middletown restaurant location between 7am – 10:30am and 4:30pm-8:00pm, 7 days a week. Diners can select from a limited menu of 5 nutritionally balanced entrees.

The Senior Restaurant Program also offers vouchers available for Newport Creamery located at 296 County Road, Barrington, Rhode Island. They can be obtained at our Barrington Café, 281 County Rd., Barrington and Warren Café, 20 Libby Lane, Warren and also at East Bay Community Action100 Bullocks Point Avenue, Riverside.

Join Us For

Tea and Time Travel with PBS

Fridays at 12:30 p.m.

Mansfield Park - September 25th
The Turn of the Screw - Oct 2nd
Mystery of Edwin Drood - Oct 9th
A Room With A View - Oct 16th
Birdsong - Oct 23rd
Far From The Madding Crowd - Oct 30th
Out Town - Nov 6th
Northanger Abbey - Nov 13th
Wuthering Heights - Nov 20th
Goodnight Mr.Tom - Dec 4th

Free Admission
Open to the Public

PosterMyWall.com

60 MINUTE Workshops at the Edward King House

USING EMAIL
Monday, October 5TH
1:00 TO 2:00PM

USING FACEBOOK
Monday, October 19th
1:00 to 2:00pm

WORKING WITH PHOTOS
Monday, October 26th
1:00 to 2:00pm

October Technology Series

Admission for each session is $10 per person
No registration Required. Seating on First Come First Served Basis

PosterMyWall.com

The Senior Center
At The Edward King House
35 King Street
Newport, RI 02840

Calendar Items for September

Resume Regular Hours 9:00am to 4:00pm Mondays ~ Friday
Evenings and Weekends Vary
Lunch every day Monday through Friday at Noon
Center Closed for Labor Day, Monday, September 7th
Fall Session 1 Registration Week September 8th –11th
Classical Concert ~ Sunday, September 13th
Classes begin on Monday, September 14th
Annual Cocktail Party, Saturday, September 26th