



The Edward
King House
Senior Center

August 2017
Catalog

www.edwardkinghouse.org

401-846-7426

Save the Dates

- ➔ NCOS and EKH Day Program Catalogues
released on August 15th
- ➔ Fall Session I Registration Week -
Sept 5th to Sept 8th
- ➔ NCOS "Meet The Instructor" Reception -
September 6th
- ➔ Festa Italiana -
September 26th to October 9th



Did You Forget?

2017-18 Edward King House Senior Center Membership Form

Membership Valid Now through June 30, 2018

Full Name:			
Street Address:			
City, State, Zip			
Home Phone		Cell Phone	
Email			
Birthdate			
Emergency Contact Info			
Full Name:			
Relationship to member:			
Phone:			

Please complete this form in its entirety. Even if you have no changes from last year, it is very important that we have up to date emergency contact information. Thank you.

Choice of Support:

- \$30 Single Membership (AFTER July 30, 2017)
 \$0 Over 90 years of age!

- I prefer my newsletter by email only
 I prefer my newsletter deliver by mail only
 I prefer my newsletter sent by both mail and email

Total Enclosed I wish to make a donation for \$ _____

Please make checks payable to: *Edward King House*

I understand and agree that neither the Edward King House Senior Center, nor its trustees, representatives, employees, and agents may be held liable in any way for an occurrence in connection with any activity which may result in injury, harm, or other damages to the undersigned or members of our organization and guests, invited or not. I also agree to have my photo or video taken to be used for publicity purposes.

Member Signature: _____



Register for your membership online
at www.edwardkinghouse.org

Membership
Valid to June 30,
2018



11AM AUGUST 16, 2017
WEDNESDAY At the Edward King House
35 King Street, Newport



Join us for an informal opportunity to learn about what is currently happening in Washington DC and share our concerns with Congressman David Cicilline.



No reservations necessary. This event is free and open to the public. Questions??? Call 401-846-7426

Reserve Your Seat
by August 9th!

Recital



Tiernan Chase, Soprano



FRIDAY, AUGUST 11TH AT 7PM
AT THE EDWARD KING HOUSE

Goodwill Offering: Donations accepted to benefit the Edward King House Senior Center

From Mozart to Poulenc: This classical program will transport the audience through time from 1685 to 1977

LIVE PERFORMANCE

Edward King House
Summer
schedule

EKH will be closed:
 Monday, August 14th
 and
 Monday, August 28th to
 Monday, September 4th

Center Summer Hours:
 Monday Thru Thursday:
 9am to 4pm
 Fridays: (am to 2pm)

The following groups will
 reconvene in the Fall of 2017:
 Knitting Club Diabetes Prevention Program
 VNS Service EKH Chorus
 URI Pharmacy Writing Family History
 Near Death Experiences
 Dinner Nights

PosterMyWall.com

Vouchers for Farmer's Market are now available!

Please see Anna for more details.

You must be 60 or over to participate.

Only one booklet of vouchers per person for the season.

MACBETH IN THE PARK

Friday, August 25 and

Saturday, August 26 at 5pm

Bring your own chair and enjoy

a bit of Shakespeare in our

very own Aquidneck Park.

Goodwill Offering

to benefit the

Edward King house!

Presented by the Seaside Shakespeare Society

East Bay Foster Grandparent Program

The East Bay Foster Grandparent Program is actively recruiting community members 55 years of age or older to serve as volunteer Foster Grandparents in their communities. The heart of the program is the one-on-one daily attention that FGP's provide. This special relationship helps young people grow, gain confidence and become more productive caring members of society. Foster Grandparents assist in schools, Head Start sites, YMCAs and local libraries throughout the East Bay. Foster Grandparents receive a tax free stipend which will not affect any federal, state or local benefit or entitlement. **Tax free stipend amounts range from \$210.00 - \$420.00 per month.** Foster Grandparents also receive a transportation allowance, meals during service, paid holidays and accident and liability insurance while serving. The mission of the program is to support positive outcomes for children by providing volunteer opportunities to income eligible individuals. Together we can build a stronger generation of children and a better community for ourselves and our neighbors. For more information please call: **Diane Palmer, Program Coordinator, East Bay Foster Grandparent Program, 401-435-7876**

Looking Forward, Looking Back

I've completed my first year as Board President and it's time to review the past months and events. I was a little scared with the responsibility when elected and, at the same time, excited for the opportunity to bring my enthusiasm to planning and programs. I've enjoyed getting to know you. I've listened to complaints along the way but the overwhelming support and compliments received are heartwarming. I am grateful for all of you and feel like I have a new, big family.

Now we have new goals to work toward, programs and interesting events to plan and accomplish it with a caring and generous spirit. Providing a place for everyone to find what they need and looking for ways to provide it all keeps me on my toes and sometimes up at night. But let me quickly tell you, everything I've done as President is a "labor of love".

One of my new goals is to enlist a core of volunteers, Guest Ambassadors, to give our tiny and over-worked staff the relief they need to continue to manage not only the day-to-day activities but a growing calendar of events. Lending a hand would give them the relief needed to pursue other necessary projects.

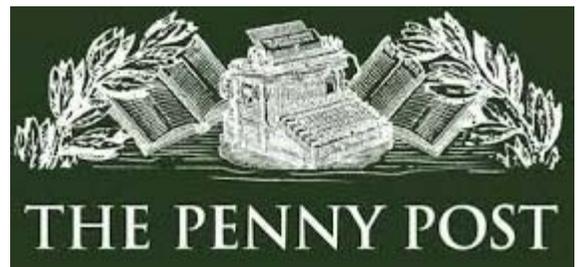
Among our vast membership there are folks with experience and the skill we need. By utilizing their time and talent a few hours a week, the daily workload can become lighter. The King House can meet more member's needs and expand the caring environment we've established over the years.

The main responsibility of the Board of Directors is to provide the money needed for the needs of the organization. With the increasing expense of maintaining our lovely building, the monthly expenses and programs we provide, it's a trusty group of volunteers that could help fill the void and provide our members with the extra attention they need and enjoy.

If you enjoy talking with people, putting a smile on their face and meeting a vital need in our operations, we can help you become a volunteer and Edward King House Guest Ambassador. You have a valuable skill that may meet our needs.

Here's to the last weeks of summer ... heat, humidity and all. Remember last winter when we all "wished for summer". It's here now so let's enjoy it before cold weather returns!

Cheers, Penny





Free Diabetes Prevention Program Offered

You are invited to attend an overview of the program on **Wednesday, August 16th from 1-1:45 pm** at the Edward King House. The Health Equity Zone and Edward King House are again partnering to host a Diabetes Prevention Program beginning on September 11th. The year-long weight loss program includes weekly and bi-weekly lessons the first six months followed by monthly classes for the remainder of the year.

Classes are free to all who qualify. A brief set of questions determines if you are in the Pre-Diabetic zone. This program is designed to prevent or delay diabetes. If you already have Type 2 Diabetes, unfortunately, you are not eligible.

The **Orientation on August 16th** will cover an overview of the lessons and includes testimonials from persons who are already in or graduated from the program. All persons attending will receive a complimentary gift for taking the time to learn about the program and promote it to family and friends. Everyone over 18 years of age is eligible, you need not be a member of the Edward King House or live in Newport.

Consider stopping in on **Wednesday, August 16th at 1: 00 pm** to find out if you qualify for this opportunity to lose weight and become more active with support and encouragement every step of the way. I'm looking forward to leading this program and helping you on your path toward better health.



To Sign Up

- Visit our website: farmfreshri.org/box
- Create an account.
- Select **Edward King House** or a public pickup site as pickup location.
- Place one box into cart. *Since the program is a recurring subscription, by placing one box in your cart you will receive one box with each delivery.*
- Choose first delivery date.

Program Cost and Billing

\$28 per box
\$6 annual service fee included on first bill
We bill on the last Wednesday of each month for the following month's scheduled boxes.

Newsletter

We send out an email newsletter the day before delivery that includes detailed information about each Veggie Box. Look for insights into farm life, storage tips and recipe ideas for the items in each box, as well as information about each farm that we sourced from that week!

Sneak Peek

Posted Friday Afternoons
To make weekly meal planning easier, we provide our Veggie Box subscribers with a Sneak Peek into what you can expect in your next box. You can now do your weekend shopping with Veggie Box recipes in mind!

Connect with us



401-312-4250
veggiebox@farmfreshri.org

About the Program

Veggie Box is a subscription to a box of hand-selected fresh produce and other value-added products from a variety of local farms and food producers in Rhode Island and Massachusetts. Boxes are delivered to worksites and public pickup sites throughout the area.

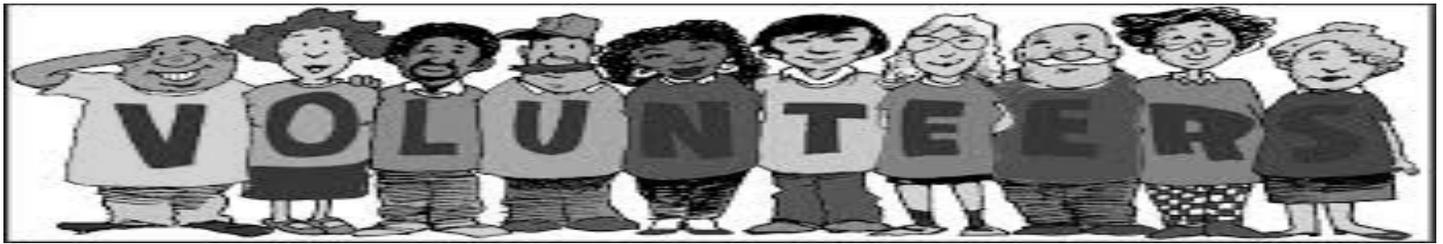
- **Reduce your food miles.** 100% sourced from local farms here in Rhode Island and Massachusetts.*
- **Know where your food comes from.** Our newsletter contains a list of every item in your box and details the respective farms each item was sourced from.
- **Eat seasonally.** Produce picked and enjoyed at its peak retains more nutritional value and tastes better!
- **Increase fruit/vegetable consumption.** Each box contains 7-9 different items for you to enjoy.
- **Try new foods.** Maybe you've never had kohlrabi, garlic scapes, or watermelon radish; you never know what new favorites you'll discover!

*During the winter months, we occasionally source dried beans and grains from local producers in Maine

Farm Fresh Rhode Island is an Equal Opportunity Provider

Veggie Box is a program of Farm Fresh Rhode Island, a 501c3 nonprofit, founded in 2004. We're a small organization with a big mission—growing a local food system that values the environment, health and quality of life of area farmers and eaters.

Part incubator, part activator, we have a wide array of access, education, and distribution programs aimed at building healthier communities, increasing access to fresh food, strengthening community-based businesses, and improving the impact of food production and distribution on our environment. For more information, visit farmfreshri.org.



Edward King House Senior Center Volunteer Interest Form

Welcome to the Edward King House Guest Ambassador Program

Full Name:			
Street Address:			
City, State, Zip			
Home Phone		Cell Phone	
Email			

Please check as many of the categories below that are of interest to you. Remember, submitting this form does not commit you to any activity. This information will help us to focus our efforts to sending you an invitation to participate in a specific area of interest.

EKH Areas of Interest:

- EKH Lunch Server
- EKH Front Desk
- EKH Event Greeter
- EKH Librarian
- EKH Lunchtime Check In
- EKH Gardener
- EKH Special Event Committee Member
- EKH Theater Box Office/Usher
- EKH Silver Tea Volunteer

Partner Agency Opportunities:

- Newport Hospital
- Newport Public Schools
- MLK Community Center
- Child & Family Services
- Senior Companion Program
- Special Events Volunteer As Requested

Thank you for your interest in becoming an EKH Guest Ambassador!

I understand and agree that neither the Edward King House Senior Center, nor its trustees, representatives, employees, and agents may be held liable in any way for an occurrence in connection with any activity which may result in injury, harm, or other damages to the undersigned or members of our organization and guests, invited or not. I also agree to have my photo or video taken to be used for publicity purposes.

Volunteer Signature: _____



**Register to become an EKH Guest Ambassador
at www.edwardkinghouse.org**

If you've got the time, we've got the volunteer opportunity for you!!! Take a moment to fill out this interest form and we will return the favor with all you need to know about becoming an Edward King House Guest Ambassador. We can sure use the help. For more information call 401-846-7426 or email at info@edwardkinghouse.org.

Volunteer Gardeners Needed



National Grid Volunteers did a great job cleaning up this spring.

But weeds are sprouting ...

Do you have a few hours a week to keep our beds
tidy and weed free?

Call Carm or Anna at 846-7426

Release of New Medicare Cards

In 2015, Congress passed the Medicare Access and CHIP Reauthorization Act. This law requires the removal of social security numbers from all Medicare cards by April 2019. This new initiative is referred to as the Social Security Number Removal Initiative (SSNRI). A new, randomly generated Medicare Beneficiary Identifier (MBI) will replace the social security number. When the initiative gets underway all Medicare beneficiaries will be sent a new Medicare card with a new MBI.

The primary goal of the initiative is to decrease Medicare beneficiaries' vulnerability to identity theft by removing the social security number from their Medicare cards and replacing it with a new Medicare MBI, which does not contain any other personal information.

The new Medicare cards will have the following characteristics:

- The same number of characters as the current Medicare number, but different from the Social Security number
- Contain uppercase alphabetic and numeric characters
- For providers, the new MBI will occupy the same field as the Medicare number on transactions
- Be unique to each beneficiary
- Be easy to read and limit the possibility of letters being interpreted as numbers
- Not contain any embedded intelligence or special characters
- Not contain inappropriate combinations of numbers or letters that may be offensive

Starting around April 2018, CMS (Center for Medicare and Medicaid Services) will start mailing new Medicare cards. There are approximately 60 million beneficiaries in Medicare. CMS will mail the cards in phases over a period of time. Remember, as a beneficiary you can still use your current Medicare number during the transition period while you wait to receive your new Medicare card.

The issuance of the new Medicare card is a significant change. The Senior Medicare Patrol (SMP) wants all Medicare beneficiaries and their caregiver(s) to be aware of possible fraud and scams relating to the new Medicare cards. Remember, CMS and Medicare will never contact you by phone or email to ask for personal information relating to the issuance of the new Medicare cards. Any such contact is a scam. Also, there will be no charge for the issuance of the new Medicare cards. Be on the alert for these scams and report any suspicious contacts to your state or local SMP: Rhode Island 462-0931; Newport County 848-4185. If you have any questions about the SSNRI, you can also visit our local SHIP / SMP Specialist at every Wednesday from 11am-2pm—no appointment necessary.



August 2017

\$3.00 Suggested Donation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salad Option Chef Salad LS Ham-Tomato Hard Boiled Egg Cucumber-Lettuce Light Ranch Dressing	1 Barley Soup Veal w/ Lite Brown Gravy Seasoned Whole Grain Pasta Italian Blend Vegetables Pudding Italian Bread <i>(Meatloaf on Sicilian)</i>	2 Chicken Soup w/Anci DiPepe Roast Turkey w/Cran. Sauce Capri Blend Vegetables Cornbread Stuffing Sliced Pears Wheat Bread <i>(Egg Salad on Wheat)</i>	3 Lentil Soup Stuffed Pepper w/Sauce Oven Roasted Potatoes Parslied Carrots Fresh Fruit Pumpernickel Bread <i>(Tuna on Pumpernickel)</i>	4 Escarole & Bean Soup Pot Roast w/L.S. Gravy Mashed Potatoes Green Beans Chocolate Chip Cookies Roll <i>(Fish Sandwich on a Roll)</i>
7 Tomato Vegetable Soup Pub Burger w/Au Jus Potato Salad Mixed Vegetables Lemon Pudding Wheat Bread <i>(Ham & Cheese on Wheat)</i>	8 Chicken Soup Sweet & Sour Pork Loin Sweet Potato Stir Fry Vegetables Mandarin Oranges Dinner Roll <i>(Turkey Burger w/Pineapple Slice on a Whole Wheat Hamburg)</i>	9 Onion Soup Meatballs w/Sauce Whole Grain Shells Tossed Salad w/Dressing Fresh Fruit Multi Grain Bread <i>(Chicken Salad on Multi Grain)</i>	10 Orange Juice Plain Omelet w/Tomato Slice Baked Ham Home Fried Potatoes Fruited Yogurt <i>(Eggplant w/Sauce on a Roll w/ Side Salad)</i>	11 Vegetable Soup Tuna Salad Summer Tortellini Salad Seasoned Diced Beets & Onions Angel Food Cake Rye Bread <i>(Corned Beef on Rye)</i>
14 Closed Victory Day	15 Beef Vegetable Soup Fried Steak w/LS Gravy Baked Beans Peppers & Onions Fresh Fruit Whole Grain Roll <i>(Chicken Sausage on a Roll)</i>	16 100% Grape Juice Turkey Chili w/Cheese Corn Bread Salad w/Dressing Butterscotch Pudding <i>(Ham Salad on Rye)</i>	17 Birthday Party of the Month Venus de Milo Soup Fresh Meat Pie w/Ketchup Brussels Sprouts Frosted Cupcake Wheat Bread <i>(Seafood Salad on Wheat)</i>	18 Lemonade Marinated Grilled Chicken Pasta Salad Cole Slaw Watermelon Dinner Roll <i>(Hamburger on a Roll)</i>
21 Tomato Vegetable Soup Beef Stroganoff Whole Grain Noodles Green Beans Vanilla Pudding Rye Bread <i>(Pastrami/Swiss on Rye)</i>	22 Italian Wedding Soup Stuffed Sole Rice Pilaf Broccoli Blueberry Pie Multi Grain Bread <i>(Egg Salad on Multi Grain)</i>	23 Escarole & Bean Soup Chopped Sirloin w/Low Sodium Mushroom Gravy O'Brien Potatoes Tomato Half Tropical Fruit Wheat Bread <i>(Bologna/ Cheese on Wheat)</i>	24 Beef Barley Soup Stuffed Cabbage w/ Sauce Seasoned Golf Ball Potatoes Mixed Vegetables Shortbread Cookie Rye Bread <i>(Ham and Cheese on Rye)</i>	25 100% Cranberry Juice Honey BBQ Boneless Chicken Buttered Corn Tomato & Cucumber Salad Diced Pears Wheat Bread <i>(Hot Dog on a Roll)</i>
28 EKH CLOSED	29 EKH CLOSED	30 EKH CLOSED	31 EKH CLOSED	<i>Funded in Part by the US Administration on Aging and the Rhode Island Division of Elderly Affairs</i> All menu items may contain nuts, seeds, beans, wheat bran + other allergens

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

NON-PROFIT ORGANIZATION
U.S. POSTAGE
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NEWPORT, RI 02840
PERMIT NUMBER 194

**Don't let this be your
last catalog
from the EKH!
Have you renewed your
membership??
Look inside for
membership
information and
register today!!!**

