

Dear Friends,

Happy Fall! I think?! The weather still seems so warm, that we have not yet had a chance to miss the summer. I am thrilled though to share with you the new happenings for the Fall no matter what the thermometer says.

But before I do that, a moment for a serious conversation on communication. In a world where information is at our fingertips in an instant, we still seem to struggle with ensuring that members are kept up to date with WHAT'S HAPPENING at the EKH. So let's get down to brass tacks. If we could call each of you individually, I promise you, we would. But the truth of the matter is that our membership has grown to 3 times what it was a short five years ago and our staffing has remained the same. It would be an impossible feat. In addition, our program is busting at the seams and we continue to add new and expanded programming to fulfill the needs of our members causing our calendar to be in a constant state of flux. And so we do all of this with few resources and not nearly enough hours in the day. Even with these obstacles, we, as a team, will continue to grow and bring the best programming we can to you because our mission is as important to us as it is to you. Having said all of this, I am including in this note our Communication Plan In Short so that you will always know where to find what you are looking for.

1. **Our website at www.edwardkinghouse.org** . The site is updating as often as on a daily basis. I do believe that at one point I may have temporarily broken our website as we uploaded so much content that it crashed and we had to bring it back slowly and gingerly. We are now up to full speed and looking to upgrade our site in the near future. And of course, don't forget our very popular Facebook page. Does this mean that folks with internet access have a leg up on those who don't? If I am being honest, yes, it does. We are living in a technological age and it helps us to help more of you at one time. That doesn't mean that those who are not connected to the web cannot be connected to the EKH. We have other avenues to explore.
2. Our phone line 401-846-7426. Our main greeting will tell you if the House is closed for weather related reasons or for emergencies. If you call and we do not answer—please—do not continue to call repeatedly. I promise, we are not ignoring you. Leave a detailed message and we will get right back to you as soon as we can. Know that when you call, it is very likely that we are delivering a service, meeting with another senior, giving a tour or just on the other line. Both phone lines ring incessantly and we are happy to serve but we can only serve one person at a time. If, on the other hand, you have not heard back from us within 48 hours, then by all means, call us back. We may have accidentally lost you in the shuffle. We don't mean for it to happen but know that our intention is always to provide the best service with realistic expectations.
3. Email. We send EVERY communication out via email and E-Blast. Be sure to check your email daily and open what we send you. By doing this alone, we can keep you in the know without a blip in service. If you don't already have us in your email contact list, feel free to use the "contact us" feature on the website. It will get to us but again, be patient. It may take some time before we can get to every email. My inbox alone, receives upwards of 40 emails a day.
4. The Newsletter. Also sent out via email and on our website. We do send the newsletter out to folks who do not have email addresses but know that hard copy is always the last to arrive by virtue of the nature of the beast. It takes the longest to produce and to be delivered. It does not necessarily get out on the first of every month. Although we strive for that deadline, the constant ebb and flow of events and happenings makes it incredibly difficult to do. Reading the newsletter is imperative. If you don't read it, you couldn't possibly know.
5. Lastly, the Edward King House itself is the best place to find out what's happening. We keep hard copies here for anyone who asks for them and always available in the reception area when they are ready. Our Guest Ambassadors and our staff are always here to answer your questions and provide service. You may have noticed that Anna's door has changed to a dutch-door design. We ask that you help us to better free Anna for her many duties by filling out your paperwork before you arrive or do so in the waiting area. Attach your check or cash and then place it in the locked box that hangs outside of her office. We are also including a new credit card form that you are welcome to fill out if you choose to pay for it with that method. We will not keep your credit card on file however.

Whew! That was a mouthful. If you read all of that, you are now fully informed and we hope you will use these tools to their utmost. If you didn't. Well....

So take a look inside, technology workshops, receptions, save the dates, chronic pain programming, boxing; you name it, we got it and if we don't have it, we'll get it for you. You all mean the world to us and we look forward to serving you to the utmost of our capability.

Sincerely,

Carmela



October 2018

For Reservations Call: 401-846-7426 x2

\$3.00 Suggested Donation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Tomato & Brown Rice Soup French Meat Pie Seasoned Spinach Apple Oatmeal Bar Pumpernickel Bread <i>(Turkey & Cheese on Pumpernickel)</i></p>	<p>2 Venus de Milo Soup Veal w/Marinara Sauce Seasoned Whole Wheat Pasta Normandy Blend Vegetables Apple Crisp Italian Bread <i>(Bologna & Cheese on Italian)</i></p>	<p>3 Beef Vegetable Soup Chicken Cordon Bleu w/Gravy Mashed Potatoes Green Beans Fresh Fruit Rye Bread <i>(Tuna on Rye)</i></p>	<p>4 100% Juice Turkey Chili Sweet Potato Capri Blend Vegetables Coffee Cake Sliced Italian Bread <i>(Egg Salad on Italian)</i></p>	<p>5 Clear Chowder Beer Battered Fish O'Brien Potato 3 Bean Salad Fruit Cocktail Wheat Bread <i>(Hot Dog on a Roll)</i></p>
<p>8 CLOSED Columbus Day</p>	<p>9 Onion Soup w/CROUTONS Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables Jello Multi Grain Bread <i>(Chicken Salad on Multi Grain)</i></p>	<p>10 Barley Soup Florentine Fish Rice Pilaf Sliced Carrots Diced Peas Whole Grain Bread <i>(Turkey & Cheese on Whole Grain)</i></p>	<p>11 Chicken Soup w/anci di pepe American Chop Suey Elbow Pasta Italian Blend Vegetables Ice Cream Wheat Bread <i>(Ham Salad on Wheat)</i></p>	<p>12 Seafood Chowder Chicken Marsala Red Bliss Mashed Potatoes Green Beans Almandine Fresh Fruit Marble Bread <i>(Bologna & Cheese on Marble)</i></p>
<p>15 Beef Vegetable Soup Pork Loin w/Applesauce Scalloped Potatoes Broccoli Pudding Dinner Roll <i>(Hamburger on a Bun)</i></p>	<p>16 Cream of Broccoli Soup BBQ Chicken Leg Mashed Potatoes Vegetable Blend Fresh Fruit Rye Bread <i>(Italian Tuna on Rye)</i></p>	<p>17 Lentil Soup Italian Sausage Sliced Potatoes Peppers & Onions Cookie 9-Grain Bread <i>(Sliced Chicken on 9 Grain)</i></p>	<p>18 Happy Birthday Pasta & Bean Soup Beef Wellington Garlic Spinach Frosted Cupcake Whole Wheat Bread <i>(Seafood Salad on Wheat)</i></p>	<p>19 Chicken Escarole Soup Airline Chicken Chuck Wagon Corn Zucchini and Yellow Squash Sliced Peaches Rye Bread <i>(Roast Beef & Cheese on Rye)</i></p>
<p>22 Split Pea Soup Baked Ham w/Pineapple Sauce Sweet Potatoes Prince Edward Vegetables Greek Yogurt Wheat Dinner Roll <i>(Chicken Salad on Wheat Roll)</i></p>	<p>23 Vegetable Soup Fried Steak w/Country Gravy O'Brien Potatoes Mixed Vegetables Fruit Cocktail Marble Bread <i>(Honey Ham & Cheese on Marble)</i></p>	<p>24 Chicken Soup BBQ Pulled Pork Baked Potato w/Sour Cream Asparagus Cuts Fresh Fruit Multi Grain Bread <i>(Fish Sandwich on Multi Grain)</i></p>	<p>25 Beef Noodle Soup Stuffed Chicken w/Broccoli & Cheese w/Gravy Brown Rice Sliced Carrots Brownie Rye Bread <i>(Tuna on Rye)</i></p>	<p>26 Red Chowder Stuffed Sole Mashed Potatoes Broccoli Diced Peas Dinner Roll <i>(Italian Grinder)</i></p>
<p>29 Turkey & Rice Soup Chicken Cacciatore Seasoned Tortellini Winter Blend Vegetable Ice Cream Sandwich Multi Grain Bread <i>(Honey Ham & Cheese on Multi Grain)</i></p>	<p>30 Italian Wedding Soup Roast Turkey w/Gravy Whipped Potatoes Green Beans Fig Bar Pumpernickel Bread <i>(Corned Beef on Pumpernickel)</i></p>	<p>31 Goblin Chicken Soup Raven's Beef w/Mushrooms & Onions in Wine Sauce Mummy's Noodles Mixed Vegetables Monster Mandarin Oranges Dinner Roll <i>(Scary Seafood Salad on Roll)</i></p>	<p>Reservations must be made one day in advance From 9:00-11:00a Monday -Friday Only</p>	<p>Salad of the Month Tuna, Tomato, Olives, Salad Mix, Croutons, Lite Italian Dressing Beginning 10/01/18</p>

The Studio at the Edward King
House Presents

EDWARD KING
— HOUSE —

DOUBT

A Parable

By
John
Patrick
Shanley

Directed by: Rob Reimer

Starring:
Michael Healy
Sharon Coleman
Erin Mulry
Cherie Rowe

35 King Street
Newport RI



Thursday, Oct 18 @7pm
Friday, Oct 19th @7pm
Saturday, Oct 20th @2:30pm
Saturday, Oct 20th @7pm
Sunday, Oct 21st @2:30pm
Thursday, Oct 25th @7pm
Friday, Oct 26th @7pm
Saturday, Oct 27th 2:30PM
Saturday, Oct 27th @ 7pm
Sunday, Oct 28th @2:30pm

\$12 per person
Tickets Available ONLINE at
www.edwardkinghouse.org

Call 401-846-7426 ext 2 for more information

I would like to purchase tickets to DOUBT: A Parable

Name: _____ Phone: _____

Email: _____

Date/time of Show: _____ # of tix _____ x \$12 = \$ _____

22 Bowens Now Serves at the EKH

Breakfast

At a mere \$3 per person - this is the best deal in town for a hot, yummy breakfast cooked and served by Newport's own 22 Bowens whose staff is voluntary their time and talent to support the seniors of Newport County. It doesn't get better than this. Your cup of tea or coffee is waiting for you. Come join us!

Menu for the month of October:

October 17th @8am :

Scrambled eggs, corned beef hash, danishes, jam/jelly/butter, juice

October 24th @8am :

Scrambled eggs, breakfast sausage, assorted muffins, jam/jelly/ butter, juice

October 31st @8am :

scrambled eggs, bacon, pumpkin bread, jam, jelly, butter, juice

There's just ONE catch! You MUST reserve your spot as seating is limited. You can pay at the door. To reserve your seat simply click on the date and follow the directions as they are put before you. Need some help? Call 401-846-7426 ext 2 to make your reservation by phone but remember this is a first come first served reservation system.



Wednesday Mornings

8:00 am till 9:00 am

Come Join Us

For Lunch



**THE EDWARD KING HOUSE
EAST BAY CAFE IS OPEN FOR LUNCH!
Monday through Friday at Noon!**

Must make your reservation 24 hours in advance by 11am.

See the Calendar menu for more information.

Edward King House Senior Center*35 King Street, Newport RI

EDWARD KING
—HOUSE—

*Mayor's
Masked Ball
& Benefit*

Honorary Co-Chairs - Mayor Harry & Deborah Winthrop

*Come...un-mask your generosity
and help to FUND the FUTURE
of the EDWARD KING HOUSE*



October 30, 2018

6:00 p.m. ~ 10:00 p.m.

The Atlantic Resort
240 Aquidneck Avenue, Middletown, RI

Tickets \$50 pp

Dinner and complimentary beer, wine & soft drinks
Cocktail party attire - festive masks preferred

Entertainment provided by Swinglane Orchestra

EdwardKingHouse.org (401)846-7426 x2

I would like to purchase tickets for the Mayor's Masked Ball

Name: _____ Phone: _____

Email: _____

of tix _____ x \$50 = \$ _____

Edward King House
Book signing & Reading
From 1:00-2:30pm. Sunday Oct 14



Inspired by the croissants at Rosemary & Thyme

CB the Croissant Bird

by William Armitage and Wendy Barry

Illustrations by Shelley K. Shaw

This event is free and open to the public.
Croissants and tea will be served.



Jewelry **WORKSHOP**

Tuesday, October 16th
1pm

Open to the Public

**Learn to make earrings for
yourself or for a friend.**

\$5
PER PERSON

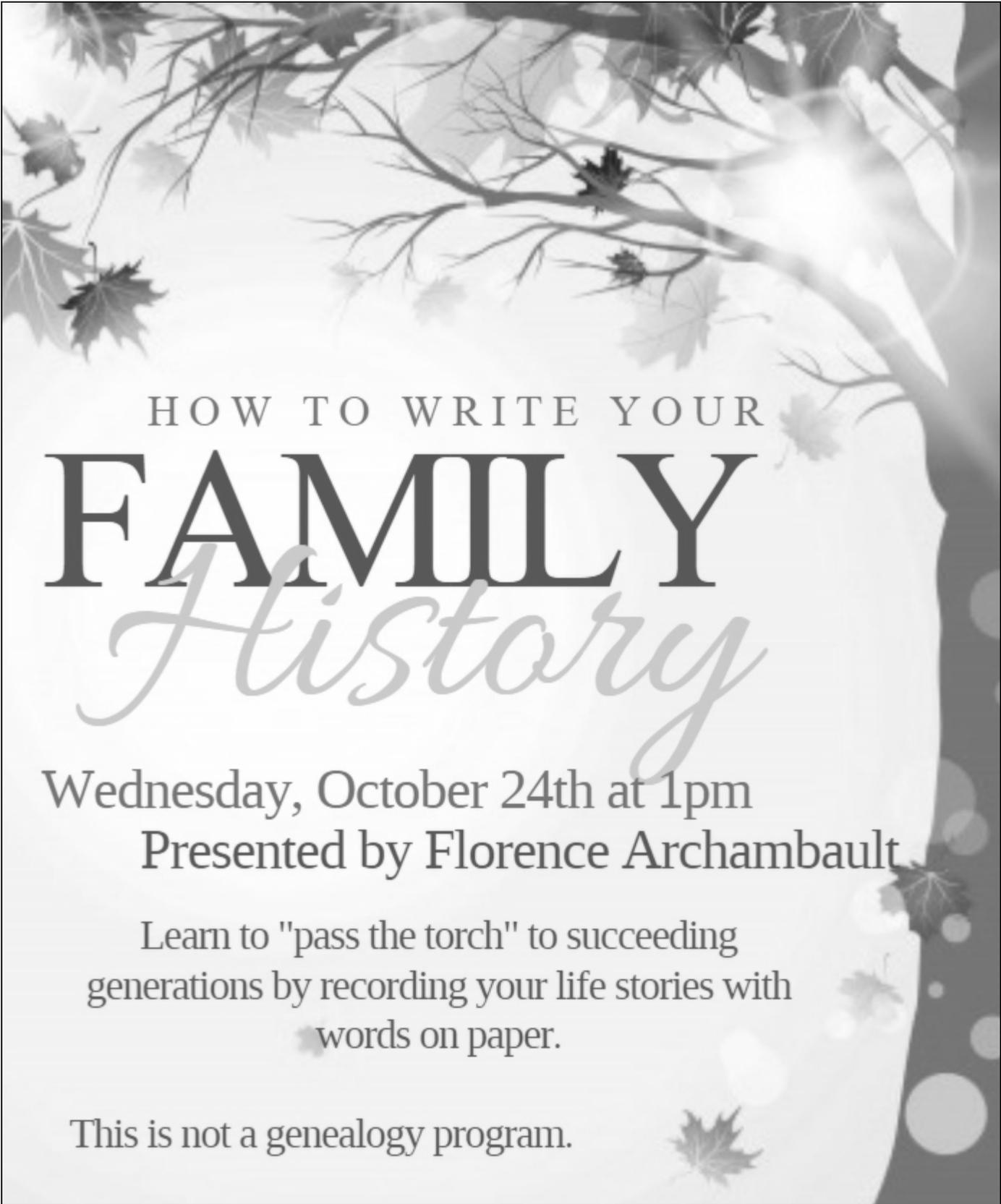
**Call 401-846-7426 ext 2 to reserve your spot or
register at www.edwardkinghouse.org**

I will attend the Jewelry Workshop

Name: _____

Email: _____

Phone: _____ # _____ x \$5 = total \$ _____



HOW TO WRITE YOUR
FAMILY
History

Wednesday, October 24th at 1pm

Presented by Florence Archambault

Learn to "pass the torch" to succeeding generations by recording your life stories with words on paper.

This is not a genealogy program.

I will attend the Writing Your Family History Session

Name: _____

Email: _____

Phone: _____ This event is FREE and Open to the Public

Sunflower Apron

Painting Party

Wednesday

October 31st

1pm

\$5 per person



**Learn to paint a sun-flowery image
on an apron - ideal for holiday
cooking or gift giving!**

**No experience necessary - an apron
will be provided for you!**

I will attend the Apron Workshop

Name: _____

Email: _____

Phone: _____ # _____ x \$5 = total \$ _____

Newport Circle of Scholars

Register Today at www.edwardkinghouse.org!

[A Tale of Twin Villas](#)

3:00pm-5:00pm, THURSDAY — 11/1, 11/8

The lectures will discuss the design and development of four architecturally and historically significant residences designed by Richard Upjohn. All of the villas are listed on the National Register of Historic Places and represent the dawn of resort-style architecture in America. The twin villas include the King House in Newport, RI and Kenworthy Hall in Marion, Alabama; as well as Villalou and Villalon in Middletown, RI. The lecture will feature historic and contemporary images, renderings, personal correspondence and other material related to the villas and their owners. Participants will also be invited to tour Villalou and Villalon. **John Grosvenor AIA** is a Partner at Northeast Collaborative Architects. He earned a Bachelors of Science in Psychology from Kenyon College and a Masters in Architecture from Miami University. He is well known for having designed many local buildings such as The Long Wharf Resort, Vanderbilt Grace Hotel, The Malbone House, and The Newport Bay Club, along with doing the restoration of Castle Hill Inn.

[Comforting Others: What to Say and Do](#)

3:00pm-5:00pm, TUESDAY— 11/13

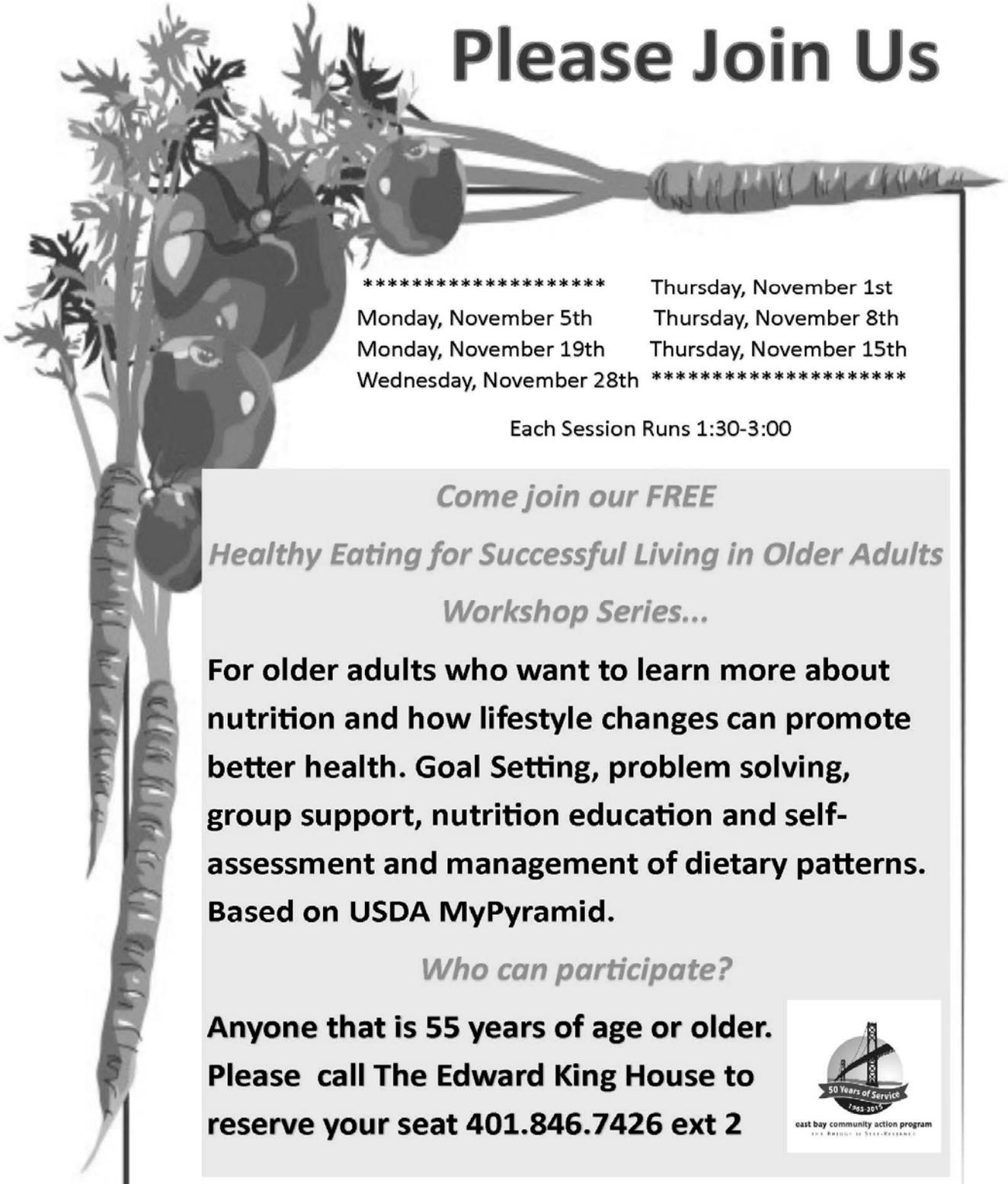
This workshop is ideal for caregivers and professionals supporting people through grief, as well as for those coping with chronic illness, disability or aging. When called to comfort others, we may feel empathy and care deeply, but sometimes what to say or do can elude us. We will explore how to put compassion into action with practical examples of comforting at work and at home. We will review recent research on empathy, grief, and social support, and examine best practices for how to be helpful. We will discuss realistic ways to make commitments with others in need, and how to honestly set boundaries with our availability to help. Finally, we will share our stories of comforting others, or being comforted by others, and learn from each other's experiences. **Val Walker** is the author of *The Art of Comforting: What to Say and Do for People in Distress* (Penguin/Random House). She has a Master of Science degree in Rehabilitation Counseling and worked 24 years in social services positions as a counselor, case manager and educator. With her consultancy, Heartening Resources, she speaks and writes about how to be a comforting presence with people facing loss and change in their lives. She lives in the Boston area, and teaches throughout New England.

[Repeal and Replace](#)

10:00am-12:00pm, WEDNESDAY—11/14, 11/21, 11/28

Repeal and replace, mandates, deductibles, universal coverage – the newspapers and talk shows bombard us daily with phrases of the day. If you started with a blank sheet of paper, how would you build a health care system for the country? What to include and what to reject, how much should it cost, where does the money come from, and who gets paid and for what? This course will attempt to cover the fundamental contrasts in social thought, the tough choices needed, and potential conflicts of interest present in developing a national health care policy. **Andrew Brem** is an Emeritus Professor of Pediatrics (Nephrology) at the Alpert Medical School of Brown University and was a full time physician on the medical staff of the Rhode Island Hospital for 30 years. In addition to providing direct patient care, he taught medical students, residents and fellows, and ran a basic science research laboratory. During his career, he also served on a number of boards and committees which focused on health care at the national level.

Please Join Us



Monday, November 5th Thursday, November 1st
Monday, November 19th Thursday, November 8th
Wednesday, November 28th *****
Thursday, November 15th

Each Session Runs 1:30-3:00

*Come join our FREE
Healthy Eating for Successful Living in Older Adults
Workshop Series...*

For older adults who want to learn more about nutrition and how lifestyle changes can promote better health. Goal Setting, problem solving, group support, nutrition education and self-assessment and management of dietary patterns. Based on USDA MyPyramid.

Who can participate?

**Anyone that is 55 years of age or older.
Please call The Edward King House to
reserve your seat 401.846.7426 ext 2**



I will attend the Healthy Eating Workshop

Name: _____

Email: _____

Phone: _____ This Event s Free

Medicare Open Enrollment is HERE!!! Make your appointment today!

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

The Edward King House Senior Center is now taking appointments for the upcoming Medicare Open Enrollment session scheduled for October 15th to December 7th.

By calling 401-846-7426 ext 3, appointments will be scheduled for sites that include the Edward King House Senior Center, the Middletown Senior Center, Park Holme Senior Center, the Pemberton Apartments in Jamestown and the Jamestown Senior Center. Please do not call the partner sites as you will be redirected to the main appointment line.

CALL 846-7426 EXT 3!

Newport County's Team of SHIP Counselors is ready to make open enrollment as smooth as possible. All seniors on Medicare or entering the Medicare system are urged to make an appointment to ensure that they are receiving the best possible service plan. **OCTOBER 15th Thru DECEMBER 7th** is the time to make changes, or to be sure you still have the best plan for your current needs.

SHIP Counselors are currently learning the changes that your current plan is going to have that will affect you.

SHIP Counselors can tell you what your premium will be next year, and how much your prescriptions will cost you at all the local drug stores. Do you know what your plan's "preferred drug store is?"

Do you know that prices have actually gone **DOWN** in the last few years? You might be paying a higher premium for the same plan, just because you have not had your Medicare "check up!"

Do you hit the donut hole? Will you hit the donut hole this year? SHIP counselors can tell you when you will reach it, what it will cost you when you are in it, and perhaps find ways for you to avoid it.

The program has saved clients thousands of dollars last year on premiums and drug costs and is not affiliated with any insurance company, as SHIP is funded by a grant from the Department of Elderly Affairs. Participants should bring their current list of Medications with dosage and frequency, Medicare card and any other health insurance cards they may have to their appointment.

