

Edward King House
35 King Street
Newport, RI 02840



EDWARD KING HOUSE

October 2019 Catalog

EDWARD KING
HOUSE

Edward King House Senior Center

Annual MEETING

Thursday, September 26th at 5pm

LOCATION: Edward King House
35 King Street, Newport

A Celebration of the Year in Review - Celebrating 50 Years in Service

TOPIC OF DISCUSSION

Where We Are Going

Meeting and Presentation at 5pm followed
by a light supper and champagne toast.

EVERYONE WELCOMED TO ATTEND!

RSVP to 401-846-7426 ext 2

401-846-7426 ** info@edwardkinghouse.org

EDWARD KING
HOUSE

*Mayor's
Masked Ball
& Benefit*

Honorary Chair, Mayor Jamie Bova

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



October 30, 2019

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

The Larry Brown Swinglane Orchestra

EdwardKingHouse.org (401)846-7426 x2

Coming Soon

November

Thanksgiving Dinner Event

22 Bowens Breakfast

Driver Safety Course

Emergency Preparedness Event

Holiday Victorian Boutique

December

A Christmas Carol

Holiday Tea

Hanukkah Party

Holiday Luncheon

Holiday Choral Concert

Happy Fall Friends!

Here's a list of news items to catch you up on all that's new at the EKH:
⇒ Congratulations to our very own Anna as we celebrate her promotion to Chief of Staff and her completing her Doctorate.

Way to go Dr. Anna!!!

⇒ Welcome Eliza Correia, our new Program Manager!

⇒ Beginning October 1st all members MUST have EKH parking stickers on their car to park in our parking lot and on King Street. Tickets will be issued after that date.

⇒ We now have a new sewer connection to the City's sewer line and it's working just fine.

⇒ Our fire suppression system has undergone a complete overhaul and is in full working order.

⇒ The window restoration project is nearing completion for both the first and second floor.

⇒ The MySeniorCenter sign-in program will be coming in October. More information further in the newsletter.

⇒ The EKH is excited to announce that it has been chosen as a beneficiary for the Concours D'Elegance Community Outreach.

⇒ The Congregate Lunch Program will be moving to Donovan Manor this Fall. This project is still in the planning stages. More information to follow in the coming month.

⇒ The City of Newport/Edward King House received a Community Development Block Grant to replace the roof.

⇒ All those interested in playing Canasta are asked to contact Eliza at 846-7426 ext 2.

⇒ The 22 Bowens Breakfast Program will be returning in November.

⇒ Welcome to our 2 new Service Advocates from Salve Regina University—Caitlyn and Julia.

There's even more good news on every page.

PS Welcome to our new members. We look forward to seeing you soon.

THE EKH JUMPS INTO THE TECHNOLOGY AGE

The Edward King House to Install Automated Check-In System in October

A new, automated check-in system called MySeniorCenter will soon be installed in the foyer at the Edward King House. It's specifically designed to help our staff members manage the various sign-ups and sign-ins, and improve the way we report our services to our Board of Directors, the City of Newport and State of Rhode Island.

Moreover, by quickly and accurately detailing which services we're providing, the system will increase our chances of receiving additional funding in the future. Today MySeniorCenter is being used by over 900 senior centers across the U.S. and Canada—so it's a proven tool.

A Change for the Better

The new system is extremely easy to use. Here's how it works:

1. All visitors and volunteers will receive a small keytag. (The card contains no personal information, but it will allow the new system to recognize you.)
2. Instead of signing into our book, you'll swipe your keytag at the scanner, or you can enter your name on the touchscreen (see below).
3. Press the touchscreen to select the programs you'll be participating in that day.
4. Press FINISH.



A Smooth Transition

Even though MySeniorCenter is designed to be user-friendly, the Edward King House staff, members and volunteers will be available in the foyer for the first 3 weeks to help people operate the new check-in system. We want to make the transition as seamless as possible for everyone.

MySeniorCenter will be installed on Tuesday, October 15th.

It's A King Thing!



DR. MARTIN LUTHER KING JR.
COMMUNITY CENTER

Feed-A-Friend Food Pantry

Hours: Mondays, 10 a.m.-2 p.m.
Wednesdays, 10 a.m.-2 p.m. & 4-6:30 p.m.
Fridays, 10 a.m.-2 p.m.

First Saturday Monthly: 10 a.m.-noon

Please call the center regarding holiday closures

You may shop the pantry once per month. Bread and other items may be available daily, depending on donations.

Items to bring:

1. Reusable bags to hold your groceries
2. Your photo I.D. (any form is OK!)

MOBILE FOOD PANTRY

Tuesday, Oct. 1, 11 a.m.-1 p.m., Pemberton Apartments, Jamestown

Tuesday, Oct. 8, 4-6 p.m., Oxbow Farm, Middletown

Friday, Oct. 18, noon-2 p.m., Quaker Estates, Portsmouth

Friday, Oct. 25, noon-2 p.m., Park Holm Senior Center, Newport

Food 2 Friends

The Food2 Friends program is a home delivery services that provides food pantry groceries, produce and household items to homebound Newport County residents, who are unable to get to and from the pantry because of physical limitations or infirmity.

Once a month, dedicated volunteers will fill your Food 2 Friends order from our pantry and deliver it to your door.

How do I qualify for Food 2 Friends?

- I am a Newport County resident
- I am limited in my ability to get to and from the food pantry with groceries
 - I have no one to assist with regular grocery shopping
 - I would normally shop at a food pantry due to limited resources to supplement regular food supply

For more information, please contact Edward Crowley at 401-846-4828, ext. 119 or ecrowley@mlkccenter.org

Lunch and Learn

Lunch & Learn is a monthly luncheon for older adults. Come enjoy a healthy lunch and learn something new. October's topic is "Know Your Rights: Disability and Elderly Discrimination" with Jason Flanders, Senior Compliance Officer, RI Commission for Human Rights. It will take place Tuesday, Oct. 29.

Lunch will be served at 12:15 p.m. and the presentation will begin at 12:30 p.m. If you'd like to attend, please contact Melanie Saunders at (401) 846-4828, ext. 124 or msaunders@mlkccenter.org to RSVP.

Important Dates

The Edward King House and its parking lot will be closed for the Concours D'Elegance from Wednesday, October 2nd to Monday, October 7th. We will re-open on Tuesday, October 8th.

In observance of Columbus Day, the EKH will be closed on Monday, October 14th.

Registration for Fall Session 2 Classes will be conducted the week of October 15th-18th.

Protect Yourself

Open to the Public

1
DAY
ONLY

Shred Fest

9am to 12pm

Saturday, Nov 2nd

Fall
2019

AARP Rhode Island will offer free document shredding on Saturday, November 2nd from 9 a.m. to 12 p.m., in the Edward King House parking lot at 35 King Street, Newport.

It's a smooth, drive-through operation. Enter the lot from King Street. This is a drive up service. Bring everything you would like shredded at no charge. Shredding will occur right in front of you.

"Identity thieves routinely search through dumpsters and trash cans, looking to find confidential information.

Our Shred Fest 2019 event will allow consumers to discard this paperwork in a safe and secure manner," Connell added.

AARP® Real Possibilities
Rhode Island

ANYONE INTERESTED

SOMETHING
NEW

IN TRYING SOMETHING NEW?

CANASTA?

ZUMBA?

MAH JONG?

DOMINOS?

Let us know. Call Eliza at 846-7426 ext 2.

Health



Home & Hospice

Public Flu Clinic

Wednesday, 10/30/2019

10:30 - 11:30

Edward King Senior Center

35 King Street

Newport, RI

If insured, please bring your insurance card.

You cannot have a flu shot, at this clinic, if you are allergic to eggs.

Please wear sleeveless or loose tops.

Open to adults only.

For more information, call Nan Haffenreffer, RN at 682-2100, ext. 1470.

www.VisitingNurseHH.org

CREATIVITY

Members' Annual Exhibit

Free and Open to the Public

Sept. 11 - Dec. 16
at the Edward King House



October 9th- Before you say "I do"
presented by John Pitocco

One of a photographer's greatest challenge is capturing images from a wedding. There is only one chance to get the event, so the pressure to do it right is enormous. John will share his ideas and work to create wonderful images of an important event in people's lives. To learn more about John, visit his website [linked here](#).

6:30pm at the Edward King House



Jewelry WORKSHOP

**Volunteers
WANTED!**

Tuesday, October 22nd
at 10am

**We need your help to create lovely
pieces for our upcoming holiday fair.
No experience necessary.**

Call 401-846-7426 ext 2 to reserve your spot.

CHOOSE TO LOSE ORIENTATION

TUESDAY, OCTOBER 29TH AT 2PM

Choose to Lose

I completed a year-long course of study for pre-diabetics. Within four months I was out of the pre-diabetic zone, lost weight and achieved better health. Following the course, I was trained by the RI Department of Health as a Life Coach to guide others with the knowledge I had learned.

I led this course three times in the past three years at the Edward King House with great results. A total of thirty-one participants have lost weight, look and feel great and lowered their A1-C levels.

This fall I'm leading a class in a similar program to help participants learn to eat better and move more to prevent diabetes and other chronic diseases. I will provide individual calorie and nutrition needs for each participant. The year-long course includes 16 classes in the first six months and nine classes in the following six months.

There will be an Orientation on Tuesday, October 29th at 2:00 pm for all interested in learning more about the program.

Choose to Lose is free for EKH members who qualify.

I look forward to meeting you and answering your questions.
Cheers, Penny Fitch

6th Annual Meatball Challenge 2019

Sample the family recipes of local contestants including last year's champion. Vote for your favorite!

\$10/person

Tickets available at the Edward King House
Call 401-846-7426 ext 2 for more info

**Tuesday,
October 1st**

www.edwardkinghouse.org

Newport Festa Italiana

Edward King House 35 King Street
Newport RI

6pm

**EDWARD KING
HOUSE**



HEALTHCARE

An Important Message from Medicare

*"Paying less for
my Medicare?
I'm open to that."*

MEDICARE **OPEN** ENROLLMENT

OCT. 15 – DEC. 7

This is your time to see if you can find lower premiums and extra benefits. Look at all your Medicare health plan choices for 2019—including prescription drug plans and Medicare Advantage plans from private insurers. Plans change every year—maybe your healthcare needs have changed, too.

Open Enrollment Appointments available at the Edward King House every Wednesday from 11am to 2pm during the dates listed above. **An appointment is necessary for service.**

Other locations and dates and times are also available.

Call 401-846-7426 ext 3 to schedule your appointment today!

Family History

Newport Festa Italiana Presents



Genealogy Workshop

How the RI State Archives Can Help

Wednesday, October 9th at 7pm

Edward King House

35 King Street, Newport

Free Admission



INCREDIBLE CRUISE VACATION PRESENTATION

Trip Details:

Ship is the MSC Seaside (one of the best ships and new)

Date: March 28th to April 4th 2020

8 Day Western Caribbean Cruise

Prices:

Inside 1499.00/ Oceanview 1599.00/Balcony 1699.00

Prices includes: airfare, roundtrip transfers from Newport, port charges, taxes

Plus 100.00 to the center per person as a fundraiser

Trip escorted by local agent Kevin Fitzgerald

Want to hear more?

Join us on

Thursday, October 17th at 11am.

Cruise Guru Kevin Fitzgerald is

eager to share

what he has planned!

FRI, OCT 11TH

**AT THE EDWARD KING HOUSE
35 KING STREET, NEWPORT
401-846-7426**

6:00PM

Cinefesta



MARRIAGE ITALIAN STYLE

DIRECTED BY VITTORIO DE SICA

STARRING SOPHIA LOREN & MARCELLO MASTRIANNI



OCTOBER 2019 SPECIALTY GROUPS & EVENTS

Mon	Tue	Wed	Thu	Fri
	1 Meatball Challenge 6pm	2 Center Closed for Concours	3 Center Closed for Concours	4 Center Closed for Concours
7 Center Closed for Concours	8 (Day Programs 9am-1pm) Mah Jong 12:30pm Cribbage 1:00pm Play Reading 6:30pm	9 (Day Programs 9am-1pm) Scrabble 10:30am Genealogy Workshop 7pm Newport Photo Guild 6:30pm	10 (Day Programs 9am-1pm) Bridge 9am Diabetes Support Group 1pm	11 (Day Programs 9am-1pm) Bridge 9am Watercolor Group 9am Cinefesta Movie Screening 6pm
14 Center Closed for Columbus Day	15 Registration Week Mah Jong 12:30pm Cribbage 1:00pm Play Reading 6:30pm	16 Registration Week Scrabble 10:30am Medicare Open Enrollment (by appointment only)	17 Registration Week Bridge 9am Cruise Presentation Near Death Experience 5pm	18 Registration Week Bridge 9am Chorus 10:45am Watercolor Group 9am
21 (Day Programs 9am-1pm) Knitting Group 10:30am	22 (Day Programs 9am-1pm) Jewelry Workshop 10:00am Mah Jong 12:30pm Cribbage 1:00pm Aging Fully 1:00pm	23 (Day Programs 9am-1pm) Scrabble 10:30am Medicare Open Enrollment (by appointment only)	24 (Day Programs 9am-1pm) Bridge 9am	25 (Day Programs 9am-1pm) Bridge 9am Chorus 10:45am Watercolor Group 9am
28 (Day Programs 9am-1pm) Knitting Group 10:30am	29 (Day Programs 9am-1pm) Mah Jong 12:30pm Cribbage 1:00pm Chose To Lose Orientation 2pm	30 (Day Programs 9am-1pm) Scrabble 10:30am VNS Flu Clinic 10:30am Medicare Open Enrollment (by appointment only) Mayor's Masked Ball 6pm	31 (Day Programs 9am-1pm) Bridge 9am	SHRED IT EVENT— November 2nd 9am-12pm