

# **EDWARD KING**

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# **HOUSE**

## *January 2020 Catalog*

Happy New Year Friends!!!

With our busy holiday season rested, it's time to rev up for what the new year has in store. There is much to celebrate in and around the EKH even with the bitter cold. Take a look at the following top 10 reasons to see us in January (*Letterman style*):

- 10.** When you visit the EKH you will notice the new sidewalk surrounding and leading to the building.
- 9.** The King Family Grandfather Clock is back in its original spot on the grand staircase. Many thanks to Judy Webb for her generous donation.
- 8.** Take a look at the new furniture in our kitchen with thanks to EBCAP and Exquisite Events, Inc.
- 7.** A new balance program joins the line up of fitness programs at the EKH.
- 6.** The Newport Circle of Scholars program has some new offerings and changes in schedule coming up. Keep an eye on your mailbox for that catalog!
- 5.** Meet Ups are back starting February!
- 4.** The EKH will celebrate Concours and Motor Week with our friends from the Audrain on January 31st! Stay tuned for more information.
- 3.** The Kindness Project begins this month. This project is a year long outreach to bring an atmosphere of positivity to our members. You never know when someone is going to be kind to you.
- 2.** Whatever happened to our lunch program? It's coming back but in a new form. In the month of January, our kitchen will be transformed to a Grab N' Go Café where members can purchase a simple, healthy snack to our lunch at a reasonable price. Members are welcome to stay and eat or take it on the go. Keep an eye out for the changes as they come along.
- 1.** And most importantly, the My Senior Center digital sign in system will go LIVE on January 6th, for more information—turn the page!

- Carm

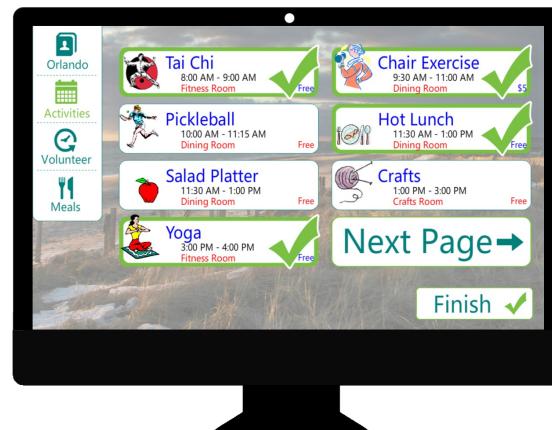
**401-846-7426 \* \* [info@edwardkinghouse.org](mailto:info@edwardkinghouse.org)**

## **IMPORTANT!**

Dear Friends,

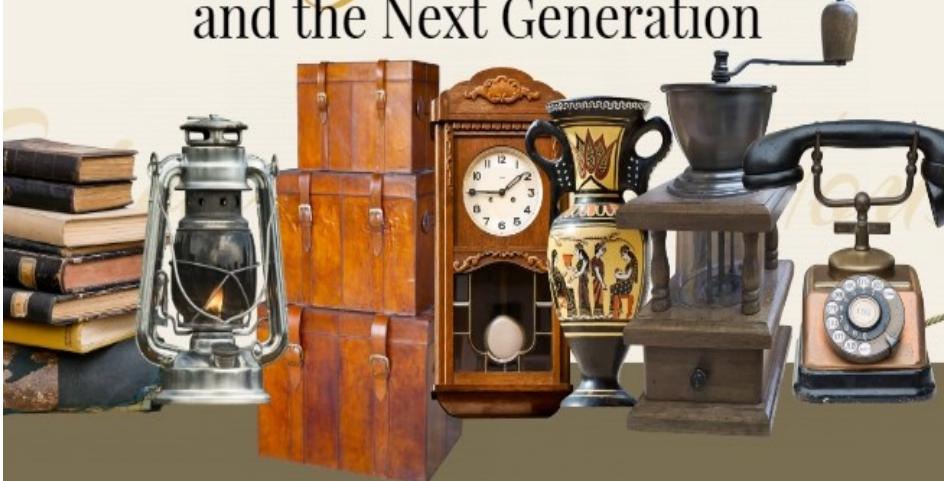
Beginning Monday, January 6<sup>th</sup>, the Edward King House will begin using a new system for signing into the building. The MySeniorCenter touch screen will replace the old pen and paper sign in book. Members are asked to come in and visit the EKH during the week of January 6<sup>th</sup> to pick up your new scan card “tag” for your key ring. At this time, a member of our staff will give you a quick tutorial on use the touch screen system. This is especially important for those members who participate in health & wellness classes and club events on a regular basis. The sooner you receive your tag, the easier the sign in process will be. Waiting to pick up your tag will likely result in longer waiting times to enter the Center. This new procedure is mandatory for all members and guests. Volunteers and staff will be at the ready to assist you in the process.

We are looking forward to an exciting 2020!  
We thank you in advance for your patience.



## Lecture

# Family Treasures and the Next Generation



Sunday, January 26th  
1pm at the Edward King House

What if no one wants Granny's China?

Federico Santi, Proprietor, Drawing Room Antiques, and Steve LeMay, owner LeMay & Co. Antiques & Estates LLC, will talk about changing values in art and antiques along with options such as tag sales, estate sales, auctions, consignments, and charitable donations. Also the importance of talking with family, heirs, and lawyers. Chaired by Ford Ballard, EKHSC board member, the panel will answer questions and share evaluations of recent donations to the Edward King House.

This event is free and open to the public.  
Reserve your seat at [www.edwardkinghouse.org](http://www.edwardkinghouse.org)  
or call 846-7426 ext 2.

## Memory Cafe



**Friday, January 10th  
1:00 to 2:30pm**

What it is:

A memory café is a monthly gathering of individuals with memory loss along with their caregivers, and/or friends and family in a safe, supportive, and engaging environment. The cafe gives everyone a welcome break from the disease.

RSVP to Anna  
846-7426 ext 4

## Breakfast

**22 Bowens Now Serves Breakfast  
at the EKH**

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 volunteering their time and talent to support the seniors of Newport County. It doesn't get better than this. Come join us!

Call 401-846-7426 ext 2 to make your reservation by phone but advance payment is required.



**Wednesday, January 15th  
8:00 am**

Coming Soon

# February Events



AARP TAX AIDE



NCOS WINTER SOCIAL



BLACK HISTORY MONTH EVENT



PAY A COMPLIMENT DAY



MAKE-A-FRIEND MEET UP

## 10 Things to Purge at the Start of the New Year

It's time to toss the old toothbrushes and takeout menus by Rachel Nania, **AARP**,

Why wait until spring to clean and organize your life? The start of a new year is the perfect time to refresh and reset. Here are 10 simple things you can do to start fresh in 2020.

### **Toss your old toothbrush**

How long has your toothbrush been hanging around? The American Dental Association (ADA) recommends replacing toothbrushes every three to four months, or more often if the bristles on your brush are visibly matted and frayed. Start the new year with [a new toothbrush](#) and buy a multipack so you have replacements on hand throughout the year.

### **Replace your kitchen sponge**

Your kitchen sponge is meant to wipe down surfaces and scrub pots and pans. But how much cleaning is it actually doing? Researchers have found that [kitchen sponges](#) are “the biggest reservoirs of active bacteria in the whole house,” and some of the bacteria they harbor can cause illness, according to a study in *Scientific Reports*. Zapping unwanted germs by boiling or microwaving sponges doesn't do much good. The same study found that sponges regularly sanitized by these common cleaning methods did not contain less bacteria than uncleared ones, and even had an increased abundance of some bacteria. The study's authors recommend replacing kitchen sponges weekly.

### **Clean out the condiments**

The new year is a great time to sort through all the half-empty jars of pickles and bottles of barbecue sauce that litter the side door of the fridge. Some condiments will need to be tossed (anything fuzzy is a no-go); others can be incorporated into new dishes. (Check out [Bon Appétit's list](#) of 10 ways to use up your nearly empty sauces and dressings.) For those that get to stay: Group condiments together so you know what you have and where it is.

### **While you're at it, clean out the whole fridge**

Yes, this is a slightly more daunting task, but one that's necessary, especially when it comes to staying healthy. Make sure the fridge temperature is set between 34 and 40 degrees Fahrenheit, the United States Department of Agriculture (USDA) says. And do not use solvent cleaning agents or abrasives to wipe up spills on the shelves. Warm, soapy water will do the trick. Don't neglect the condenser coil, a critical part that helps keep everything cool. It's usually located either on the back of or underneath your fridge. Check your owner's manual. Unplug your fridge, then go over the condenser coil several times a year with a brush or vacuum cleaner to remove dirt and lint buildup that could affect the appliance's ability to maintain proper temperature, the USDA says.

### **Get rid of expired medicines**

Is your medicine cabinet overflowing with pill bottles? Get rid of the drugs you no longer need, as well as any expired over-the-counter medications. The best way to

dispose of old and unwanted medicine is to take it to a drug drop-off or take-back site. (Check the [Food and Drug Administration's website](#) to find a location near you.) If you can't make it to one of these sites or there isn't one nearby, [the FDA has instructions](#) on how to properly flush or throw away medicine.

#### **Wash your makeup brushes**

Over time, makeup brushes collect dirt, oil and bacteria that can lead to breakouts. Experts at the American Academy of Dermatology (AAD) recommend washing makeup brushes once every seven to 10 days in lukewarm water to minimize the risk of a rash or breakout from a dirty brush.

#### **Tackle the tech drawer**

There's a price to pay for keeping up with technology, and that's a growing collection of old phones, chargers, tablets and computers. If you have a device that still works, donate it to a charity or a nonprofit that could put it to good use.

Take electronics that are past their prime to a designated electronic waste (e-waste) drop-off center so they can be recycled. Most municipalities have one; large retailers including Apple and Best Buy also collect and recycle e-waste.

#### **Clean out your emails**

Tired of logging in only to find pages of unopened emails in your inbox? It might be time for an "unsubscribe" spree. Go to your inbox and open each legitimate email you've subscribed to that you want gone. Think email newsletters you no longer read and offers from retailers you no longer frequent. Scroll down to the small print at the end of each message. That's where you should find the unsubscribe button or link, which allows you to opt out of future emails. It'll take some time, but the payoff is a less cluttered and more manageable inbox. As for the junk emails you don't recognize, rather than unsubscribing, it's safer to mark them as "spam" so they no longer show up in your inbox. Why? Clicking the unsubscribe button in a scam phishing email can alert the scammer that your email address is active — resulting in even more scam emails.

#### **Organize the junk drawer**

The start of the new year is also a good time to get a handle on the collection of hair ties and headphones that make their way to the junk drawer. And don't forget to toss out old takeout menus and broken pens. Designate a bag or small bin for loose change, and make sure tools that you use often (screwdriver) or might use in an emergency (flashlight) are easy to access.

#### **Straighten up the sock drawer**

Have a lone sock that still hasn't found its match? Clear it from your drawer — and the same goes for any with holes in the toes. Getting the sock drawer in order can save you some time on busy mornings so that you're not scrambling for an intact or matching pair.



## **Hand Care**



**New  
Hand Care  
Program**

**Book Now!**  
**846-7426 ext 4**

### **New Free Hand Care Program Comes to the EKH By Appointment ONLY!**

In collaboration with Salve Regina University's Service Advocate Program a new Hand Care Program will begin in November 2019. This program will offer EKH Members only a free session of hand massage, moisturizing, filing and even nail color by appointment only. (Note: Nails cannot be cut nor do we provide gel nails or nail treatments.)

Call Anna at 846-7426 ext 4 for an appointment.  
Space is limited.

## Technology



### Silver Surfer Tech Program



New Program!

By Appointment ONLY!

In collaboration with Salve Regina University the EKH proudly announces the new free Silver Surfer program to help our members learn to better utilize their smartphones, tablets and/or laptop.

**846-7426 ext 4**  
**CALL NOW**

# January 2020

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