



April 2016

Richmond Senior Center News

1168 Main Street (Second Floor)

Wyoming, RI 02898

E-mail: CommunityCenter@Richmondri.com

Mailing address: Richmond Senior Center c/o Richmond Town Hall

5 Richmond Townhouse Road, Wyoming, RI 02898

Telephone—401-491-9404



Center Hours—Staffed Daily

M-F 8:30 am to Noon

Note: The Center follows the Chariho School District for inclement Weather closings.

Senior Center Committee Members

- Dennis McGinity—Chairman
- Tom Dufficy—Vice Chairman & Secretary
- Richard Millar—Financial Liaison
- Jackie Lombardo—Bingo Chair
- Pasquale DeBernardo
- Patricia Labrie

-
- Dottie Barber—Activities Chair
 - Newsletter Editor—Dennis McGinity

Next monthly members meeting

Will be held at 11 AM on

April 14, 2016

Come and get involved

The visiting nurse is here on the Third Thursday of each month at **9:30 AM**

Please let the Senior Center office know of any changes to your address, phone number or email address. We want to keep all records up to date. Keeping you informed is important to us.

New Members—Welcome

Joe & Polly Zegarzewski

If you are in need of a mail-in ballot for the upcoming Presidential Preference Primary, go to <http://sos.ri.gov/elections/ppp/> or contact the Town Clerks office at 401-539-9000 x9 for assistance. Deadline to apply for an application is April 6, 2016.

From the Chairman—Dennis McGinity
“Oh April showers may come your way...” We had one heck of a St. Paddy’s day Bash. Great food, friends and fun. We have a Mystery Lunch this month. See Pg. 2. We are always looking for your pet pictures, recipes and good jokes. Send them in.

Sincerest condolences to Karen Pinch (Richmond town Administrator) and her family on the loss of her father. Your are in our prayers.



Richmond Police Chief, Elwood Johnson, returns from the frigid waters of Narragansett Bay on Saturday Mar 19th. This was his second of 24 Plunges to benefit Special Olympics. Thanks for all you do for our less fortunate citizens.



Time to warm up and get ready for the next plunge in one hour. Eight others took the Super Plunge along with Chief Johnson.



The hot tub really helps get rid of the cold and warms the blood stream. This year there was one brave lady who joined the men. Congratulation to all the Super Plungers and all the others who braved the icy waters for this very special event



MYSTERY LUNCH!!!



Wednesday April 20, 2016

LEAVING THE YMCA PARKING LOT

11:30am Sharp

GREAT LUNCHEON MENU— GREAT PRICES

RESERVED LIMITED SEATING

CALL NOW—DON'T WAIT—401-491-9404

EASY SHRIMP SCAMPI Printed from **COOKS.COM**

24 shrimp (cleaned)
1 c. seasoned bread crumbs 2 cloves pressed garlic
1 stick butter
1 tsp. fresh parsley 1 c. white wine
4 tbsp. lemon juice
1/3 c. clam juice (optional) Salt and pepper
Coat shrimp with bread crumbs. Heat butter in frying pan. Add shrimp to hot butter - toss until brown. Drain butter. Add garlic, lemon, clam juice, wine, parsley, salt and pepper. Sauté. Serve with fresh lemon over noodles or rice.

I changed my car horn to gunshot sounds. People get out of the way much faster now.

I didn't make it to the gym today. That makes five years in a row.

I decided to change calling the bathroom the John and renamed it the Jim. I feel so much better saying I went to the Jim this morning.

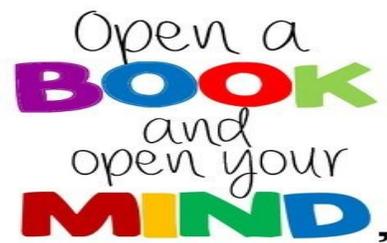
At my age "Getting lucky" means walking into a room and remembering what I came in there for.

Of course I talk to myself; sometimes I need expert advice.

A Poem by Dottie Barber

Our Crafts program is blooming
In more ways than one
Won't you come and join us
And share in the fun
No need to know all the
Tricks of the trade
You'll be proud of yourself
After you see what you've made
We all share our thoughts
To create all our treasures
And the laughs we all have
No one can measure.

The new Crafts Program is held
Each Friday from 10:00 am to Noon
at
Come join the fun.



A Shameful Murder - by Cora Harrison – Severn House Publishers (2015)

It is always exciting when an accomplished and well-established author begins a brand new series. Well-known for her medieval mysteries set in the Burren of western Ireland, Harrison now moves to the 20th century and creates the character of Mother Mary Aquinas, an elderly nun residing in southern Ireland. The good Mother's story begins in 1923, a time of social and political unrest, and in the city of Cork, a dreary place which seems to be perpetually plagued by inclement weather and frequent flooding.

I was initially skeptical that Mother Aquinas would measure up to some of my favorite clerical sleuths, including G. K. Chesterton's *Father Brown*, Peter Treymayne's *Sister Fidelma* and Ellis Peters' *Brother Cadfael*, but from the first page that reservation vanished. I'm eagerly looking forward to the next book featuring this sharply intelligent, complex and thoroughly likable character.

Brought up in relative comfort and wealth, Mary (née Dorothy) was acutely aware from an early age just how fortunate she was. She observed the poverty and wretched living conditions of so many Cork families and decided that her life's service would be in a religious order following the teachings of Saint Thomas Aquinas; hence she adopted his name. It suits her well. She is a leader of the convent's teachers, devoted to aiding the poor, and she capably applies Aquinas' laws of natural reason and deduction to the challenges of crime solving.

The plot of A Shameful Murder is worthy of the best of what one would call the English "cosies". These are the books that you "cozy" up with (anecdotally in front of the fireplace) on a cold or stormy night. There is always a murder to be solved and a clever sleuth who is up to the task. But what raises this novel well above the typical of this genre is its physical and historic detail. Barely two years prior, in December, 1921, Ireland's War for Independence from Great Britain had officially ended and County Cork was now part of the Irish Free State. However, as anyone familiar with Irish history knows, the strife, divisions and bloodshed did not stop then. The National Army split into the Pro-Treaty forces, which supported the Irish Free State, and the renegade Irish Republican Army that was opposed to both the Free State and creation of British controlled Northern Ireland. This background lends depth and richness, in particular, to the character of Eileen, a former student of Mother Aquinas, who is now a well-armed and fiercely devoted Republican. Another former student, Peter Cashman, is a sergeant in the Cork police force. Mother Aquinas summons him first when she discovers the drowned body of a young Cork socialite late one night near the convent gateway. Together with a dear friend, Dr. Scher, a retired Jewish physician, and with some vital (and necessarily covert) help from Eileen, they eventually unravel the mystery surrounding her death.

At 256 pages this is a quick and manageable read. Its characters are well developed and the setting, though intrinsically unappealing, is the perfect backdrop to the story and the turbulent time in which it takes place.

THE doctor GAME

Sarcopenia: A needless path to a wheelchair



By W. GIFFORD-JONES
M.D.

What's the worst health problem that can happen to you? I'm sure many readers would say cancer, stroke or Alzheimer's Disease. I agree these are all frightful diseases. But there's another one that occurs gradually as we age. It's called Sarcopenia (the loss of muscle mass), and this creeping frailty comes because their muscles are so weak they can no longer get off the toilet.

A recent report from Tufts University in Boston says sarcopenia robs people of their independence and often leads to the risk of falls, resulting in seri-

ous injury. Visit any nursing home and you'll see multiple examples of sarcopenia.

Studies show that sarcopenia begins around age 45 and increases at the rate of one percent a year. That means that by age 65, sedentary people have lost half of their muscle mass. And you cannot lose muscle mass without losing muscle strength.

Women are at greater risk than men as they start out in life with one-third less muscle mass than men. Moreover, since they live longer there's longer duration of muscle loss.

So what can you do at an early age to prevent ending your life in a wheelchair? As the elderly age they tend to shy away from strenuous tasks that cause discomfort. This sets the stage for sarcopenia.

First, don't neglect sufficient protein. Dr. Paul Jacques, director of Tufts Nutritional Program, says, "It's estimated that 20 percent of people between the ages of 51 to 70 have inadequate protein intake."

But the Tufts report also states that most North Americans get plenty of protein, but they obtain it the wrong way. Cheeseburgers and fried chicken provide protein, but they also provide too much saturated fat and calories. Researchers stress another important point. You should not only get adequate

protein at dinner, but also at other meals.

So what's the appropriate protein math to prevent sarcopenia? The proposed average is 40 to 70 grams a day depending on body weight (0.8 grams of protein per 2.2 pounds). So a 125 pound woman would require 46 grams and a 175 pound man 64 grams. In addition, the amount depends on daily activity.

What about exercise? It's been known for decades that weight lifting and working on resistance machines increases muscle mass and strength in young people. But when this approach was tried on older people their muscles did not get larger.

The reason for these poor results was the initial fear that to push older people too hard is unwise. I say "amen" to that, because I've seen cases of snapped tendons due to the loading of excessive weights.

But there is a positive side if weightlifting is done with caution and not pushed to the limit. When researchers increased weights gradually for those between 60 to 72 years, it doubled their strength in 12 weeks of training. Some frail 90 year-olds tossed their canes away in eight weeks of graduated exercise.

There are other benefits to preserving muscle mass. During illness the body withdraws pro-

tein from muscles to aid in the healing process and produces antibodies to fight infection. When sarcopenia is present, there's less ammunition to fight illness.

Dr. William Evans, at the University of Arkansas, cites a study in Finland in which men in their late sixties who had lifted weights for years had muscle mass similar to non-athletes in their twenties. Joggers, however, are not protected from sarcopenia as the stress produced by this sport can't compete with lifting weights.

The message here is that to maintain muscle mass, you require an adequate dietary intake of protein along with exercise, preferably using weights. This is not news I like to hear. I've enjoyed sports, but not lifting weights. But reluctantly, I keep a pair of weights close to my computer and intermittently use them. I also enjoy replenishing my protein with a six ounce steak (63 grams) and baked potato with skin (5 grams). And to ease my anxiety that I may be protein deficient, I enjoy 5 ounces of red wine (0.3 grams of protein).

For more information or comments, visit docgiff.com or email info@docgiff.com.

Zumba & Yoga Event. A fundraiser to benefit American Diabetes Association

Sunday, April 10, 2016 1:30—4:00 pm

Doors open at 1:15pm

Richmond Elementary School—190 Kingstown Road, Wyoming, RI

Admission: \$10.00 donation at the door



God's Idea of Art!!!



SCAM ALERT- "NATIONAL GRID SCAM"

This alert has been passed on to us from Elwood Johnson, Richmond Police Chief

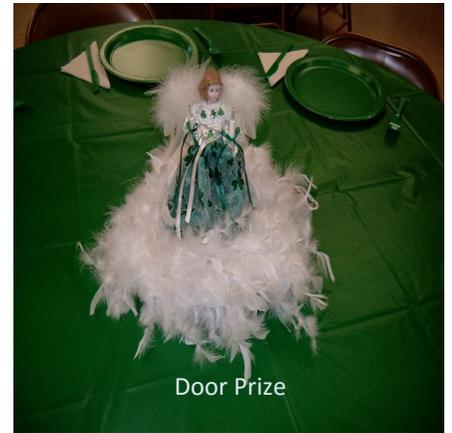
The Richmond Police Department is offering this information to educate and caution business owners and residents with a scam that resurfaced in the last day that is targeting our surrounding area. Business owners and residents have been receiving telephone calls from a culprit *posing* as a National Grid representative who is threatening to shut off their power unless they remit an immediate payment. When the customer disputes an outstanding balance or delinquent payment with the caller, they are referred to a telephone number for "customer service" that is not actually affiliated with National Grid. When the customer calls the "customer service" number provided, another person falsely posing as a National Grid representative fabricates a reason why their last payment wasn't received, including that their check had been returned, and they caution the customer that they will send a technician out to shut their power off unless they make an immediate payment.

The perpetrators have directed the customer to use a payment means that is difficult or impossible to trace to the recipient, including a wire transfer or MoneyGram, and/or using a "Green Dot" pre-paid debit card.

Please be advised that National Grid may legitimately contact customers regarding past due balances by phone to offer payment options, BUT THEY NEVER demand direct payment over the telephone. The people in this current scam have provided a telephone number, (844) 485-0667, that is not actually affiliated with National Grid, and may actually be linked to a location in Mexico. **Customers who have received calls demanding immediate payment or face a loss of power should contact National Grid immediately at National Grid's Customer Contact Center at 1-800-322-3223.** That number is an automated customer service line where customers can verify their account information

St. Paddy's Day Bash March 16, 2016

A huge Success!!!



Door Prize



Door prize



Door prize



Door Prize



Door Prize

◀ March		~ April 2016 ~					May ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1 8:30 – 11:00 Coffee 9 am Sit & Get Fit 10:30 am Yoga 10:30am crafts	2	
3	4 8:30 – 11:00 Coffee 9:00 am Tai Chi	5 8:30 – 11:00 Coffee 10:00 am Art Class 6:00 pm Bingo	6 8:30 – 11:00 Coffee 9 am Sit & Get Fit	7 8:30 – 11:00 Coffee 9:00 am Knitting 12:30 pm Mah Jong	8 8:30 – 11:00 Coffee 9 am Sit & Get Fit 10:30 am Yoga 10:30am crafts	9	
10	11 8:30 – 11:00 Coffee 9:00 am Tai Chi	12 8:30 – 11:00 Coffee 10:00 am Art Class 6:00 pm Bingo	13 8:30 – 11:00 Coffee 9 am Sit & Get Fit	14 8:30 – 11:00 Coffee 9:00 am Knitting 11:00am Members Meeting 12:30 pm Mah Jong	15 8:30 – 11:00 Coffee 9 am Sit & Get Fit 10:30 am Yoga 10:30am crafts	16	
17	18 8:30 – 11:00 Coffee NO Tai Chi	19 8:30 – 11:00 Coffee 10:00 am Art Class 6:00 pm Bingo	20 8:30 – 11:00 Coffee 9 am Sit & Get Fit 11:30 Mystery Lunch	21 8:30 – 11:00 Coffee 9:00 am Knitting 9:30am Visiting Nurse 12:30 pm Mah Jong	22 8:30 – 11:00 Coffee 9 am Sit & Get Fit 10:30 am Yoga 10:30am crafts	23	
24	25 8:30 – 11:00 Coffee 9:00 am Tai Chi	26 8:30 – 11:00 Coffee 10:00 am Art Class 6:00 pm Bingo	27 8:30 – 11:00 Coffee 9 am Sit & Get Fit	28 8:30 – 11:00 Coffee 9:00 am Knitting 12:30 pm Mah Jong	29 8:30 – 11:00 Coffee 9 am Sit & Get Fit 10:30 am Yoga 10:30am crafts	30	

'Mr. Clark, I have reviewed this case very carefully,' the divorce Court Judge said, 'And I've decided to give your wife \$775 a week,'

'That's very fair, your Honour,' the husband said. 'And every now and then I'll try to send her a few bucks myself.'

A doctor examining a woman who had been rushed to the Emergency Room, Took the husband aside, and said, 'I don't like the looks of your wife at all.'

'Me neither doc,' said the husband. 'But she's a great cook and really good with the kids.'