



July 2015

Richmond Senior Center News

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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

Mary Morgan—Secretary

Richard Millar—Financial Liaison

Jackie Lombardo—Bingo Chair

Maureen Nolan—Activities Chair

Pasquale DeBernardo

Newsletter Editor—Dennis McGinity

From the Chairman—Dennis McGinity

Happy 4th of July!!! I want to wish everyone a happy and safe Holiday. A reminder that the Senior Center will be closed on July 6th. 47 of us had a wonderful time at the Mystery lunch on Wednesday June 24th. The Greenwood Inn in Warwick was our host and they served a terrific lunch. Five participants won \$\$ from our raffle and we heard some great voices on the bus going and returning. Some of the ladies had a little bubbly during lunch and they sang especially well on the return trip. LOL Next Mystery Lunch...September. Until next time...



Next monthly members meeting

Will be held at 11 AM on

July 9, 2015

Come and get involved

The visiting nurse is here on the Third

Thursday of each month at **9:30 AM**

July is Dues Month

Your dues are very important to the operations of the Richmond Senior Center. We try to provide programs that are beneficial to all of our members and to help improve everyone's quality of life. It would be a big to help if you would send in or drop off your dues as soon as is possible. Thank you for your prompt attention to this request. A big **THANK YOU** to a member for a very generous donation to support our activities.

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

Elizabeth Boyes

Jean Duffy

Nancy Tucker

Stephen Almy

Dagmar Hayden

Battery Collection

To do our part in helping Mother Earth, the Senior Center will collect used batteries. Sizes 6 volt to hearing aid batteries. Bring them in we'll dispose of them. No Car batteries or such. M-F 8:30am-Noon



Old Friends at a Bar

I pointed to two old drunks across the bar from us and told my friend Tom, "That'll be us in ten years."

He turned to me and said, "That's a mirror, you dumb ass."

4th of July Holiday schedules

The **Richmond** Town Hall will be closed on Monday July 6, 2015

The **Hopkinton** Town Hall will be closed on Friday July 3, 2015

HAPPY 4TH OF JULY

Farmers Markets Certificates

RI State Certificates for the Farmers Markets will be available at the Richmond Senior Center starting July 15, 2015. For ages 65 or older or Disabled.

Office hours are M-F 8:30am to Noon

From the Richmond Tax Collector's office:

2015 tax bills are scheduled to be mailed out during the 3rd or 4th week of July. The first installment will be due on September 7th. Since September 7th falls on Labor Day, 1st quarter installments received by 4PM on Tuesday, September 8th will be considered timely.

Things I've learned

I've learned That the best classroom in the world is at the feet of an elderly person.

I've learned That when you're in love, it shows.

I've learned That just one person saying to me, 'You've made my day!' makes my day.

I've learned That having a child fall asleep in your arms is one of the most peaceful feelings in the world.

I've learned That being kind is more important than being right.

I've learned That you should never say no to a gift from a child.

I've learned That I can always pray for someone when I don't have the strength to help him in some other way.

I've learned ... That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.

I've learned That sometimes all a person needs is a hand to hold and a heart to

understand.



New Exercise Program

On Friday's from 2pm to 3pm, we have a new exercise program. It is a combination of Cardio and Sit & get fit. Great workout for all. Try it!! Open to the public. YMCA instructor. \$3.00 per class. Get ready for the weekend!! Those who attend say it's a great program



This is good news.

I have again negotiated a

VERY SPECIAL MEMBERSHIP FEE

Richmond Senior Center Members

“Richmond Senior Center month at the Arcadia Y. Come in during the month of July and take advantage of our financial assistance program.

Members will be given

FREE access to ALL of our classes along with the opportunity to have a FREE wellness center orientation.”

This offer is only good from

July 1 to July 31, 2015 for Senior Center Members.

The regular annual fee for Seniors is **\$456.00.**

The special annual fee for Members is **\$205.00.**

CHICKEN POT PIE WITH CHEDDAR CHEESE CRUST

- 1 box Pillsbury™ refrigerated pie crusts, softened as directed on box
- 2 tablespoons Gold Medal™ all-purpose flour
- 1 tablespoon chopped fresh thyme leaves
- 1/2 cup shredded Cheddar cheese (2 oz.)

Filling

- 1/3 cup butter
- 1/4 small onion, chopped
- 1 large carrot, chopped
- 1 stalk celery, chopped - Salt and pepper to taste
- 1/3 cup Gold Medal™ all-purpose flour
- 1 1/4 cups Progresso™ chicken broth (from 32-oz carton)
- 1/2 cup milk
- 2 1/2 cups shredded or cubed cooked chicken
- 1 cup Green Giant™ Steamers™ frozen mixed vegetables (from 12-oz bag)



Directions

Directions

- 1 Heat oven to 425°F. Remove pie crusts from pouches; unroll 1 crust in ungreased 9-inch glass pie plate. Press firmly against side and bottom of plate.
- 2 Sprinkle 2 tablespoons flour on work surface; unroll second crust on surface. Sprinkle cheese and thyme evenly over crust, pressing into crust with hands, then with rolling pin so most of the cheese gets pressed into the dough.
- 3 In 2-quart saucepan, melt butter over medium heat. Add onion, carrot and celery; cook 2 minutes, stirring frequently, until tender. Season well with salt and pepper. Stir in 1/3 cup flour until well blended. Gradually add broth and milk, stirring until thickened. Stir in chicken and mixed vegetables; heat until hot. Remove from heat.
- 4 Spoon hot chicken mixture into crust-lined plate. Place herb and cheese crust, cheese side up, over filling; seal edge and flute. Cut slits in several places in top crust.

*P*ENELOPE'S SONG



Lois A. Cuddy

Our own Lois Cuddy has published her first book. A story you will thoroughly enjoy. We could not be more proud of her for this work that took her 13 years to complete. Best Wishes. The book can be purchased on Amazon.

Call the office for more information.

AARP DRIVING SCHOOL

WITH JERRY LEVECH 477-4901

4 HOUR CLASS—1PM TO 5PM

Date to be announced—Sept or Oct

You receive a Certificate for auto

Insurance Co. discounts

SENATORS Should
Wear Uniforms like
Nascar Drivers
so we could Identify
their Corporate Sponsors

CONSUMER ALERT

Rhode Island Office of the Attorney General
150 South Main Street, Providence, RI 02903 www.riag.ri.gov

Aggressive “IRS Scam” Continues to Target Rhode Islanders Even After Tax Season

Although Tax Season is over, scam artists are still ramping up efforts to defraud taxpayers. With an influx of complaints from local consumers – including several employees of the Office of Attorney General – Attorney General Peter F. Kilmartin is cautioning Rhode Islanders to be wary of calls claiming to be from the Internal Revenue Service (IRS).

According to reports from vigilant consumers who recognized it as a scam, callers have been contacting local residents to allege that the taxpayer owes back taxes – and threatening arrest, driver’s license suspension, or even deportation if payment is not made immediately. The caller demands that the payment be made in the form of a pre-paid debit card, wire transfer, credit card, or authorized bank account withdrawal. In many cases, the callers are rude and aggressive, and become hostile if the consumer questions them.

“This scam has been around for quite some time and continues to be one of the top complaints received by our Consumer Protection Unit. Particularly with the recent breach of the IRS’s online ‘Get Transcript’ application, many consumers are nervous when they receive a call claiming to be from the IRS, and scam artists prey upon that fear,” said Attorney General Kilmartin. “However, these scam artists targeted the wrong consumers when they called employees from the Office of Attorney General, who know how to spot a scam. We are reminding consumers that the IRS will never call to demand immediate payment or threaten imminent arrest.”

Attorney General Kilmartin reminds consumers that thieves who run this scam often:

Use common names and fake IRS badge numbers.

Make caller ID appear as if the IRS is calling by using spoofing software or pre-paid cell phones.

Send bogus IRS e-mails to support the bogus calls.

Call a second time claiming to be the police or department of motor vehicles. Again, using spoofing software or pre-paid cell phones, the caller ID again appears to support their claim.

If you get a call from someone who claims to be with the IRS asking you to pay back taxes, here’s what you should do: Hang up!

Call and report the incident to the Treasury Inspector General for Tax Administration at 800-366-4484 or at www.tigta.gov.

Never provide any bank account or other personal or financial information to a person or company that you don't know.

Do not wire money to a person or company you don't know.

Alert the Office of Attorney General by calling the Consumer Protection Unit at 401-274-4400.

About the Office of the Attorney General Consumer Protection Unit

The Office of the Attorney General Consumer Protection Unit investigates and mediates consumer complaints concerning unfair and unlawful business practices and misleading advertising arising out of alleged violations of the Deceptive Trade Practices Act. If groups of people are victimized by a deceptive trade practice, this office may file in the Superior Court a civil investigative demand, which is a formal investigation. In appropriate cases, a lawsuit to stop the illegal business practice may be initiated.

Apart from carrying out its statutory responsibilities, the Unit also provides information and referral services to the general public. Consumers are directed to the appropriate governmental or private agencies for help in answering specialized questions or resolving disputes that are not within the Unit's jurisdiction.

The Consumer Protection Unit is available to speak to community groups on how to prevent being a victim of identity theft and other scams. For more information, please visit www.riag.ri.gov or call 401-274-4400.

