Dear Friends,

We miss seeing everyone and are hopeful that things will begin to look “normal” in the coming months. Please review our newsletter for our virtual programs to keep you busy while you are home. If there is anything you need, please give us a call, we are here daily. We hope you are doing well and staying healthy.

**Staff News:** Rayna Wilcox, our Volunteer/Program Coordinator, resigned her position at Beechwood in January to accept another position with the Town. It was a very difficult decision for Rayna to leave her Beechwood family and the many people who have been a special part of her daily life. Ashley Metcalfe, our Dining Room Manager, has made the difficult decision to stay home and raise her family. We will truly miss both Rayna and Ashley at Beechwood. We wish them well in their future endeavors.

**Marie Marcotte, Director**

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**2020 TAX FILING STATUS GUIDELINES:**

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<th>AND at the end of 2020 you were...</th>
<th>THEN file a return if your gross income was at least...</th>
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<td><strong>Single</strong></td>
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<td>under 65</td>
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<td>65 or older</td>
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<td><strong>Married filing jointly</strong></td>
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<td>under 65 (both spouses)</td>
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**AARP Tax Aide Program**

**APPOINTMENTS ARE FULL.**

By appointment only. Please call 268-1594 to be placed on a waiting list. Individuals who have an appointment will receive confirmation by mail along with paperwork that MUST be completed prior to the appointment.

Tax Aide Representatives from the AARP sponsored Tax Aide Program assist seniors and low-income tax filers with preparation and filing of federal and state returns. All returns will be electronically prepared and transmitted. If you are filing jointly, both individuals must provide documentation.

Due to the prevailing situation associated with Covid-19, the number of returns that volunteers are able to handle this year is significantly lower than previous years. We are asking those of you who have returns that are complex, to seek sources other than our program to complete your tax returns. Generally, the returns that are time consuming require reporting to multiple states, itemizing deductions, and reporting numerous income documents, such as multiple wage statements (W-2’s), multiple retirement accounts (1099-R’s) and multiple brokerage accounts (1099-B’s). Your cooperation is greatly appreciated.

A list of required documents needed to complete tax returns will be mailed to participants after they register for an appointment.

**Happy Valentine’s Day!**

Free contactless, curbside pick-up on Friday, February 12, 2021 between 11:00 a.m. - 1:00 p.m.
Reservations required, please call Lauren at 268-1591. First reserved, first served. Limit one cupcake per person.

**Enjoy a gourmet red velvet cupcake from the Silver Spoon Bakery on us!**
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Tentatively Coming - Mark Your Calendar:

Cyber Seniors............................................................. February - April
Healthy Eating {ZOOM}.............................................. February 2, 4, 9, 11, 16, 18, 23, & 25, March 2, 4, 9 & 11
Caregivers Support Group Meetings {ZOOM}............ February 9 & 23
Floral Pick-up: Valentine’s Day Arrangement............. February 10
Closed: Holiday.......................................................... February 15
AARP Tax Aide Program {FULL}................................. February 17 - April 12
Beechwood Book Club {ZOOM}...................................... February 23, March 23 & April 27
URI Outreach Presentations {ZOOM}.......................... February 24 & April 8
South County Home Health Clinic............................. March 1 & 15
South County Health Safety Assessments.................. March 1 & 15
Matter of Balance {MAY BE VIRTUAL}......................... March 24, 31, April 7, 14, 21, 28, May 5 & 12
Walk with Ease............................................................ April 1 - May 16
Armchair Travel to Paris {MAY BE VIRTUAL}............... April 20
Garden Program {MAY BE VIRTUAL}.......................... April 21
Drug Take Back Day.................................................. April 22

Tentatively Scheduled 2021 Trips:
Theatre by the Sea (Lunch & Matinee)......................... June 16
Million Dollar Quartet................................................
Newport Playhouse (Lunch & Matinee)....................... July 1
Murder at Howard Johnson’s.................................
Newport Playhouse (Lunch & Matinee)....................... September 21
Social Security.........................................................

BEECHWOOD’S DIRECT LINE
268-1590
Monday through Friday
8:30 a.m. - 4:30 p.m.
Fax ~ 294-3020

~ STAFF ~

Director
Marie Marcotte ~ 268-1593
mmarcotte@northkingstown.org

Assistant Director
Erin McAndrew ~ 268-1596
emcandrew@northkingstown.org

Administrative Secretary/Transportation
Melissa Smith ~ 268-1590
msmith@northkingstown.org

Social Services & Human Services
Caroline Tudino ~ 268-1579
tudino@northkingstown.org

Lauren Zito ~ 268-1591
lzito@northkingstown.org

Dining Room (8:30 a.m. - 1:30 p.m.)
268-1592

Bus Driver
Lynn Bourque

Custodian
Deb Matteson
For the health, safety and well-being of all, new building policies include the following:

- If you are sick, please stay home. If you have a fever, cough and/or shortness of breath, contact your health care provider.
- Registration is mandatory for curbside pick-up boxed lunches, social services appointments, transportation and programs. Please see page 2 for a list of staff and their contact information.
- When you arrive for a Social Services appointment, please remain in your vehicle and call the designated phone number listed below for instructions.

**Social Services Appointments:** 401-268-1579

- Individuals registered for a Social Services appointment may enter the building no earlier than 10 minutes before the appointment (after calling for instructions). Please wait or sit in designated areas only. Individuals must exit the building immediately after the appointment.
- A face mask or cloth face covering is required at all times while in the building.
- Staff will complete a health screening upon your arrival at Beechwood (log your name, take your temperature and ask health related questions). If you have a temperature of 100 degrees or higher you will be asked to leave.
- You will be asked to use hand sanitizer upon entering the building. Hand sanitizer will be provided at the front entrance. The My Senior Center scan-in device will not be available.
- Social distancing of 6 feet must be maintained at all times. Physical contact such as shaking hands is not permitted.
- Water bottles are allowed, but no outside food may be brought into the building.
- Restrooms have COVID-19 prevention protocols in place, limiting the number of individuals in the restroom at one time.
- New cleaning protocols and sanitizing will impact the program schedule. The programs listed in this newsletter are subject to change.
- We reserve the right to decline services to anyone who does not adhere to the policies.

For the health, safety and well-being of all, new transportation policies include the following:

**Grocery Shopping:**

- A mask or cloth face covering is required at all times while on the bus.
- Transportation reservations for grocery shopping will be accepted two full business days in advance. Please call Missy at 268-1590, two full business days in advance, to make a reservation or for additional information.
- Seating is limited. The maximum number of passengers per bus, per day is four. Per CDC regulations passengers will be traveling with the same people on the bus each time they shop.
- Passengers are limited to grocery shopping one day per week.
- Passengers must choose which day and time they prefer to shop and the Department will do its best to accommodate the request. First reserved, first served.
- There is a maximum limit of four reusable canvas shopping bags per passenger. Large items such as soda, bulk paper towels, cat litter, etc. need to fit into a bag or each large item will be counted as one bag. There are NO exceptions.
- The driver will bring groceries bags to each passenger’s front door. The driver is NOT allowed to bring bags into residences.
- The complete list of transportation policies will be mailed to new passengers, prior to their first trip.
- The transportation schedule is subject to change.
- We reserve the right to decline services to anyone who does not adhere to the policies.

**Grocery Shopping Schedule:** All shoppers will be allotted 1 hour and 15 minutes to shop.

- **Tuesdays mornings** from your home to Dave’s Market in Wickford at 9:00 a.m.
- **Wednesday mornings** from your home to Dave’s Market in Wickford at 9:00 a.m.
- **Thursday mornings** from your home to Stop & Shop on Frenchtown Road at 9:00 a.m.
- Transportation to Wal-Mart is canceled until further notice.
Friends of Beechwood

2021 Membership

New members: Please print a membership form from the Town’s website (link listed below) or call 268-1590 to have a form mailed to your residence.

Membership Form Link: www.northkingstown.org/388/
North-Kingstown-Senior-AssociationMember

North Kingstown residents: $10 individual / $15 couple
Non-residents: $20 individual / $25 couple

Membership is not required to participate in programs or lunch at Beechwood.

Renewing members, please mail a check made payable to “NKSA.” New members, please mail a check made payable to “NKSA” and a membership form to:
North Kingstown Senior Services
P.O. Box 313
North Kingstown, RI 02852

Friends of Beechwood Board Meeting
is scheduled to be held at Beechwood on Tuesday, March 16, 2021 at 1:30 p.m.

Seasonal Programs

ALL PROGRAMS ARE SUBJECT TO CHANGE

Beechwood Book Club ~ (VIRTUAL ON ZOOM)
Tuesday, February 23, 2021 at 1:30 p.m.
Coordinated by Marilyn Harris
Little Voices by Vanessa Little (331 pages)
“Devon Burges is in the throes of a high-risk birth when she learns of her dear friend’s murder. The police quickly name another friend as the chief suspect, but Devon doesn’t buy it. Haunted by postpartum problems that manifest as a cruel voice in her head, Devon is barely getting by. Yet her instincts are still sharp, and she’s bent on proving her friend’s innocence.” Description provided by amazon.com. For more information, please contact Erin at 268-1596 or emcandrew@northkingstown.org.

Beechwood Book Club ~ (VIRTUAL ON ZOOM)
Tuesday, March 23, 2021 at 1:30 p.m.
Coordinated by Marilyn Harris
The Daughters of Erietown by Connie Schultz (480 pages)
“The evolution of women’s lives spanning the second half of the twentieth century is at the center of this beautiful novel that richly portrays how much people know – and pretend not to know – about the secrets at the heart of a town and a family.” Description provided by the book jacket. For more information, please contact Erin at 268-1596 or emcandrew@northkingstown.org.

Beechwood Book Club ~ (VIRTUAL ON ZOOM)
Tuesday, April 27, 2021 at 1:30 p.m.
Tallgrass by Sandra Dallas (336 pages)

North Kingstown Senior Services would like to thank the following for their donation in Memory of Paul Sullivan:

Evelyn Morrissette
Darlyne Pettinicchio & Family

Frequently Asked Questions

1. Will exercise classes be available? Exercise classes are virtually available on the Town of North Kingstown’s YouTube webpage. You can find the webpage by searching the internet for “Town of North Kingstown YouTube.” Classes can be found on the Town’s YouTube “Home” page and under “Playlists.”

2. When will all programs resume? How will I know if a particular program is being offered? You will be notified about programs by our newsletter and/or a computerized phone call from the Center.

3. Can I speak with Social Services to discuss Medicare plans if I am turning 65 and/or retiring? Yes, appointments are available by phone and email. Please call 268-1579 to make an appointment.

Operation Snowball ~
Inclement Winter Weather Policy
In the event of inclement weather, North Kingstown Senior and Human Services will post cancellations and closures on local television (Channels 6, 10 and 12) and radio stations. Our direct phone number (268-1590) & Seabreeze Dining (268-1592) will have messages stating a closure. Our cancellation information will also be listed on the Rhode Island Broadcasters website (www.ribroadcasters.com) & the Town of North Kingstown website (www.northkingstown.org). Individual cancellation calls will not be made for programs, meals and transportation. Please check via television and/or websites or by calling the Senior Center direct phone line.
ALL PROGRAMS ARE SUBJECT TO CHANGE

Healthy Eating for Successful Living in Older Adults ~ {ZOOM}
Tuesdays and Thursdays from 10:00 a.m. - 11:00 a.m.
February 2, 4, 9, 11, 16, 18, 23, 25,
March 2, 4 & 11, 2021 (12 classes)
Participants will receive the Zoom link and instructions by email. In this program you will:
● learn to make healthier food choices.
● receive tips for improving portion control & label reading.
● plan meals to control fats, sugars, carbohydrates & sodium.
● explore ways to add physical activity to your day.
● participate in a virtual cooking demonstration.
● be able to direct questions to a registered dietician.
Registration required, please contact Erin at 268-1596 or emcandrew@northkingstown.org.

Falling in Love with Flowers Curbside Pick-up
Wednesday, February 24, 2021 from 10:00 a.m. - 2:00 p.m.
Delivery to residences available. Delivery date/times TBD.
Cost: $20 per person. Pre-payment required by 2/1/21.
Min # of participants: 10 / Max. # of participants: 15
Cash or check payable to “Town of North Kingstown.”
Fresh seasonal flowers and a decorative Valentine’s mug.
Registration required, please call Erin at 268-1596.

Sleep Disorders {ZOOM}
Wednesday, February 24, 2021 at 10:00 a.m.
Around 20-40% of adults suffer from insomnia over the course of a year. Recognize what can cause sleep disorders and learn how to successfully treat them. Learn about the newest medications used to treat insomnia. Registration required, please contact Erin at 268-1596 or emcandrew@northkingstown.org.

Matter of Balance ~ {MAY BE VIRTUAL ON ZOOM}
Wednesdays from 1:00 p.m. - 3:00 p.m. (8 classes)
March 24, 31, April 7, 14, 21, 28, May 5 & 12, 2021
This award-winning program is designed to manage falls and increase activity levels.
This program will benefit anyone who:
● is interested in improving balance, flexibility and strength.
● has experienced falls in the past.
● has restricted activities due to concerns about falling.
This program will teach you to:
● set goals for increasing your activity.
● make changes to reduce the risk of falls at home.
● use exercise to increase strength and balance.
Registration required, please call Erin at 268-1596.

BOXED LUNCHES & SEABREEZE DINING ROOM POLICIES

● Boxed lunches are available for curbside pick-up.
● Each boxed lunch is a suggested $3 donation.
● Menus are created weekly and are subject to change.
● There is one boxed lunch option per day.
● Please call 268-1579 to place an order for a curbside pick-up boxed lunch. Orders must be placed by noon on Wednesday for the following week.
● Due to COVID-19, some menu items may become unavailable and substitutions will be made.

When the Seabreeze Dining Room reopens, we will offer a nutritionally balanced boxed lunch at 12:00 p.m., Monday - Friday, for persons 60 years of age or older, under age 60 if married to a person over 60, or if disabled, with proper documentation. The nutrition program for older Rhode Islanders is sponsored by the RI Office of Healthy Aging and Westbay Community Action via the Older Americans Act.

For the health, safety and well-being of all, new dining room policies include the following:
● When the Seabreeze Dining Room reopens, individuals registered for a dine-in boxed lunch may enter Beechwood no earlier than 11:30 a.m. and must exit the building immediately after lunch.
● Each boxed lunch is a suggested $3 donation.
● Please call 268-1592 to place an order for a dine-in boxed lunch (one boxed lunch option per day). Orders must be placed by noon on Wednesday for the following week.
● A face mask or cloth face covering is required at all times while in the building. A face mask or covering may only be removed when seated at a dining room table. Participants must wear a mask or face covering when entering and exiting the dining room.
● If you are not wearing your mask while seated at a dining room table, cover your coughs and sneezes with a tissue, dispose of the tissue in the trash and wash your hands.
● A staff member will seat you (maximum of 3 per table).
● Self-service coffee and snacks will not be offered.
● Social distancing of 6 feet must be maintained, unless participants are seated at a dining room table. Physical contact such as shaking hands is not permitted.
● Weekly menus and a complete list of Seabreeze Dining Room policies will be available upon commencement of the dine-in boxed lunch program.
● We reserve the right to decline services to anyone who does not adhere to the policies.
Health Programs

South County Home Health ~
Monday, March 1, 2021 from 10:00 a.m. - 12:00 p.m.
Monday, March 15, 2021 from 12:30 p.m. - 2:00 p.m.
Rhonda Brunero will be here to discuss health concerns and for free senior health checks including: Blood Pressure, Pulse & Oxygen Screenings and Weight Management.
Appointments are required. To register, please contact Erin at 268-1596 or emcandrew@northkingstown.org.

NEW! South County Health Safety Assessments ~
Monday, March 1, 2021 from 10:00 a.m. - 12:00 p.m.
Monday, March 15, 2021 from 12:30 p.m. - 2:00 p.m.
A staff member from the Community Health Team will be at Beechwood to meet privately with individuals for 15 minutes. Each confidential meeting will address general safety concerns, including housing and food security, assistance with utilities, stress and other factors contributing to overall health and well-being.
Appointments are required. To register, please contact Erin at 268-1596 or emcandrew@northkingstown.org.

WellOne Blood Pressure Checks ~
Canceled until further notice.
Amy Craig, RN, from WellOne, North Kingstown’s local community health center, will offer Blood Pressure Checks.

Manicures & Pedicures ~ Canceled until further notice.
Tuesdays and Thursdays from 8:30 a.m. - 2:30 p.m.
Liz Albanesa, Licensed Manicurist and Pedicurist
Cost: $10.00 for a manicure / $15.00 for a pedicure

Reflexology with Geri Marandola
CRT, Certified Reflexologist ~ Canceled until further notice.
Wednesdays from 9:30 a.m. - 1:00 p.m.
Appointments are limited to 30 minutes.
Cost: $18.00 for a 30 minute appointment.
Reflexology is an alternative medicine involving pressure applied to the feet and hands.

Podiatrist ~ Dr. Pappas
Canceled at Beechwood until further notice.
If you need to make an appointment, please call South County Podiatry Associates at 789-8912. The office is located at 24 Salt Pond Road, Unit E1, South Kingstown, RI.

Reiki ~ Canceled until further notice.
2nd & 4th Tuesday from 10:00 a.m. - 12:45 p.m.
Cost: $15.00 for a 30 minute session.
Reiki Master Joan Maggiacomo has 25 years of experience. Reiki, at its simplest, relaxes the body, mind and spirit and supports the healing process.

Trips

ALL TRIPS ARE SUBJECT TO CHANGE
For reservations, please contact Erin at 268-1596.

Wednesday, June 16, 2021 ~ Million Dollar Quartet
Lunch at Bistro By The Sea & Matinee at Theatre By The Sea
Approximate Cost: $90 p/person
Reservations accepted with $10 deposit
Check payable to: Town of North Kingstown
Final Payment Due: May 14, 2021
Min. # of people: 25 / Max. # of people: 36
Transportation by: Town of North Kingstown
Bus will leave from Stop & Shop on Ten Rod Road.
Departure time and return time to be determined.
The Tony® Award-nominated musical Million Dollar Quartet is set on December 4, 1956, when an extraordinary twist of fate brought Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley together at Sun Records in Memphis. Million Dollar Quartet brings that legendary December night to life. Relive the era with the smash-hit sensation featuring an incredible score of rock ‘n’ roll, gospel, R&B and country hits, performed live onstage by world-class actors and musicians. Showcased hit songs include “Blue Suede Shoes,” “Fever,” “Walk the Line,” “Sixteen Tons,” “Who Do You Love?,” “Great Balls of Fire,” “Folsom Prison Blues,” “Whole Lotta Shakin’ Goin’ On,” and “Hound Dog.”

Thursday, July 1, 2021 ~ Murder at Howard Johnson’s
Sit-down Lunch & Matinee at Newport Playhouse
Approximate Cost: $75 p/person
Reservations accepted with $10 deposit
Check payable to: Town of North Kingstown
Final Payment Due: June 7, 2021
Min. # of people: 25 / Max. # of people: 30
Transportation by: Town of North Kingstown
Bus will leave from Stop & Shop on Ten Rod Road.
Departure time and return time to be determined.
Play description will be included in upcoming newsletters.
( Minimal Walking)

Tuesday, September 21, 2021 ~ Social Security
Sit-down Lunch & Matinee at Newport Playhouse
Approximate Cost: $75 p/person
Reservations accepted with $10 deposit
Check payable to: Town of North Kingstown
Final Payment Due: August 27, 2021
Min. # of people: 25 / Max. # of people: 30
Transportation by: Town of North Kingstown
Bus will leave from Stop & Shop on Ten Rod Road.
Departure time and return time to be determined.
Play description will be included in upcoming newsletters.
( Minimal Walking)
**Social Services Corner**

Please call Caroline at 268-1579 or Lauren at 268-1591 to schedule an appointment or for additional information. Appointments are required. No walk-ins will be seen.

The Social Services staff at Beechwood assists and refers older adults in areas of:
- Health Insurance
- Housing
- Legal
- Prescription Drugs
- SHIP Counseling
- Social Security

Assistance is also given to families (at any age) in crisis, assisting with:
- Clothing
- Homeless Status
- Housing
- Medication
- Referrals
- Utilities

The Department offers the following types of appointments:
- Phone
- Email
- In-person (face mask or cloth face covering required)

Upon arriving at Beechwood for an appointment, please remain in your vehicle and call 268-1579 for instructions.

Staff will complete a health screening (log your name, take your temperature and ask health related questions). You will be asked to use hand sanitizer upon entering the building. You may enter the building no earlier than 10 minutes before your appointment.

**Support Groups**

**Caregivers Support Group ~ {VIRTUAL ON ZOOM}**
Tuesday, February 9, 2021 from 1:30 p.m. - 3:00 p.m.
Facilitator: Maria Isabel Birkbeck, MSW
Tuesday, February 23, 2021 from 1:30 p.m. - 3:00 p.m.
Facilitators: Katrina Hayes Slee & Stephanie Volpe, Licensed clinicians from South County Health

The Caregivers Support Group is for caregivers and family members who provide care for individuals with ALS, Alzheimer’s disease or other types of dementia, cancer, heart and stroke conditions, multiple sclerosis and other debilitating conditions. For more information, please contact Marie Marcotte at (401) 268-1593 or mmarcotte@northkingstown.org.

**Bereavement Support Group ~ Canceled until further notice.**
Grief counselors for Hope Hospice & Palliative Care facilitate a general grief support group.

**INSIGHT Support Group ~ Canceled until further notice.**
The INSIGHT group brings together people who are living with vision loss to help them find ways to overcome the isolation, loneliness, and frustration that they may be feeling. For more information about INSIGHT, please contact Rick Andrade at (401) 941-3322 or randrade@insight.org.

**Special Announcement**

**Cyber Seniors ~**
The University of Rhode Island Engaging Generations Program
A URI student will help you learn how to use devices such as a smartphone, tablet and laptop.
Free phone and Zoom appointments available February - April 2021.

**OPTION 1:** To schedule a one-on-one appointment with a student, please call toll-free 844-217-3057 and say that you are with the “University of Rhode Island” program. Appointments will begin over the phone, with the option to move to Zoom or FaceTime if you are ready and agree to the new meeting format.

**OPTION 2:** To schedule a one-on-one appointment with a student, please use the link below and indicate “University of Rhode Island” on the registration form for the question, “If you belong to a community or organization, please indicate which one”: https://calendly.com/cyberseniors/one-on-one-tech-session
Appointments will begin over the phone, with the option to move to Zoom or FaceTime if you are ready and agree to the new meeting format.

**OPTION 3:** To sign up for a Zoom Webinar about various topics, you can register at this website: https://cyberseniors.org/webinars/
URI students may help in conducting the Zoom webinars, ideally with some specific information for Rhode Islanders. These webinars are offered to anyone in the Cyber Seniors network throughout mostly the U.S. and Canada. URI students assist with the webinars when their schedules allow.
The Mission of the North Kingstown Department of Senior Services in its capacity as a community based resource and agency is: To promote, enhance and maintain the well-being, dignity, and independence of persons age 55 and older by providing programs, services and resources to meet their present and future needs.

Services provided by the North Kingstown Department of Senior and Human Services
- Caregivers Support
- Friendly Visitor
- In-Home Services
- Information / Referrals
- Intergenerational Partnerships
- Meals on Wheels
- Medicare Counseling
- Nutrition - Lunch
- Programs & Classes
- Social Services
- Tax Preparation
- Transportation
- Grief Support
- Volunteer Programs

Walk with Ease
The goal of this program is to walk for 30 minutes, 3 times per week for 6 weeks. The important part is to do what you can! You will receive a free guidebook when you register online for the program. You complete a brief online survey and each week you enter the minutes you spent walking. The objective of the program is to improve balance and increase strength.

To participate, please register at:
https://oaactionalliance.typeform.com/to/L9o0OTS

The registration deadline is Monday, March 15, 2021.
The program will begin on National Walking Day, Thursday, April 1, 2021.
and end on Sunday, May 16, 2021.
For more information or questions, please call Erin at 268-1596.