

# Jamestown Senior Center

Quarterly Newsletter



## WHAT IS A "VILLAGE "

THE VILLAGE THAT WE ARE REFERRING IS ONE NOT MADE OF BRICK AND MORTAR BUT INSTEAD, IS BUILT ON THE CONCEPTS OF MUTUAL SUPPORT. A VILLAGE USES A STRUCTURED SYSTEM OF VOLUNTEERS AIMED TO SUPPORT SENIOR MEMBERS IN ITS COMMUNITY, AS THEY AGE IN PLACE, IN JAMESTOWN.

THE VILLAGE CONCEPT CAME TO FRUITION IN RHODE ISLAND OVER 8 YEARS AGO. THE FIRST VILLAGE OPENED IN 2015 IN PROVIDENCE, RI. RECENTLY RHODE ISLAND HAS SEEN THREE ADDITIONAL COMMUNITIES CREATE VILLAGES INCLUDING; BARRINGTON, EDGEWOOD AND WESTERLY. THESE MORE RECENT ADDITIONS ARE NOW ALL THRIVING MEMBERS OF THE VILLAGE COMMON OF RI.

AS WE SPEAK ADDITIONAL COMMUNITIES ARE IN THE PROCESS OF CREATING A VILLAGE INCLUDING OUR NEIGHBORS IN NEWPORT, RI. THE JAMESTOWN SENIOR CENTER IS ENCOURAGING RESIDENTS TO CONSIDER THIS AS A POTENTIAL OPPORTUNITY FOR OUR JAMESTOWN COMMUNITY AS WELL.

AT THE AGING IN PLACE RESOURCE FAIR ON JUNE 21ST, MANY OF OUR ATTENDEES AND RESIDENTS COMPLETED A SHORT SURVEY IN REGARDS TO THE VILLAGE CONCEPT. THE RESULTS COLLECTED AND COMPILED SHOWED US THAT THERE IS AN INTEREST AND NEED FOR A VILLAGE IN JAMESTOWN. WE WELCOME ALL RESIDENTS TO COMPLETE THIS SURVEY. PLEASE EMAIL OR CALL MOLLY ROSE AT 401-423-9804 OR MCONLON@JAMESTOWNRI.NET TO REQUEST A COPY OF THIS SURVEY.

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## Newsletter

### Highlights

Aging in Place  
Resource Fair  
Photos and  
Highlights

Village Concepts:  
Village Common of  
RI

Summer Activities &  
Special Events

**SENIOR CENTER ADDRESS;**  
6 WEST ST, JAMESTOWN RI  
02835

**SENIOR CENTER DIRECTOR:**  
MOLLY ROSE  
MCONLON@JAMESTOWNRI.NET

**PHONE:** 401-423-9804  
**WEBSITE:** JAMESTOWNRI.GOV

**CONGREGATE MEAL SITE  
COORDINATOR:**  
EILEEN DONNELLY

**MEALSITE NUMBER:**  
401-423-2658

**SENIOR CENTER HOURS:**  
8:30 AM-4:30 PM  
CLOSED ON HOLIDAYS &  
WEEKENDS

**CONGREGATE DINING MEAL  
RESERVATIONS REQUIRE 48  
HR. ADVANCE NOTICE**

*CALL OR REGISTER FOR  
PROGRAMS AT 401-423-9804  
OR ONLINE AT  
JAMESTOWN.RECDESK.COM*

# The Village Common of Rhode Island

*Aging Better Together*

The first step to creating a village is finding members interested in receiving the services that the Village Commons provides. A village also needs volunteers willing to provide said supports. A person can potentially be both. Typical volunteer offerings includes but is not limited to assistance with; transportation, errands, telephone calls, wellness checks, technological support, light home support such as changing a light bulb or changing batteries, light shoveling/sweeping and more.

Villages require a reasonable annual membership fee. What is particularly compelling about the Village Concept of RI is that it uses a "Pay What You Can" sliding scale model. There are three **examples** that the villages provides as an idea of a monthly rate for individual households. This ranges anywhere from \$10-\$40 a month to \$15-\$60 for dual households. Again, these fees are just examples as ultimately the Village Common of RI works with members individually so that they are paying a fee that works for them personally.

What is exciting about the Village Common of RI is that it allows each Village to create a support system that is unique to their community. Therefore, not all villages look or will run exactly the same.



The next step needed in order for a community to become a village is to first develop a steering committee. Some towns refer to their steering committees as "leadership groups". Regardless of the name chosen, the committee will collaborate with the Village Common of RI to provide a range of services that make sense for their community.

A steering committee is typically made up of 6-8 people, with one chair person.

This committee then works with the Village Common of RI. The Village Common of RI will then provide anything from guidance, assistance with public relations all the way to marketing support. The Village Common of RI also works with each Village to assist with collecting dues, training volunteers & completing background checks on all volunteers.

In order to take the next steps to form a steering committee in Jamestown, we must have 10 committed members and 20 volunteers to start.

We hope that the village concept may resonate with our Jamestown Seniors. We welcome your support as well as feedback and encourage you to reach out for more information about the Village Commons of RI.

**Please use the links below to learn more about the Village Commons of Rhode Island:**



<https://www.providencevillageri.org/>

To follow them on Facebook use the link:

<https://www.facebook.com/TheVillageCommonofRhodeIsland/>

**SCHH Nurse Visits with Lisa Steedman:**

Apts on the first Tuesday of the month: 8/1/23 & 9/5/23  
Appointments scheduled between 10 AM-12:00 PM  
Blood Pressure, Vital Signs, etc.  
Ask Lisa your health and medication questions at this free monthly service.

**Tina the RI Foot Nurse:** August 31st 2023 from 9-11 AM  
Routine foot and nail care.  
Services provided are listed below:

- nail clipping
- reductions of thick and hardened nails
- callus and corn reduction
- foot and skin assessment
- light massage to feet

Cost: \$45

**S.H.I.P Counselor (Medicare Counselor)**

Appointments available the 3rd Friday of each month.

Upcoming Dates: 7/21, 8/18 & September 15th

Contact Katie Jones to make an appointment

Phone: 401-644-3317  
FREE SERVICE

**Atlantic Audiology**

Hearings Tests  
July 20th 2023  
9-11:30 AM

\*Hearing tests will be hosted in the conference room at the Town Hall



The Jamestown Senior Center had over 500 people attend our first ever Aging in Place Resource Fair with over 40 vendors.

**Bone Strength & Balance**  
**Instructor: Patty Woodward**  
**This class offers slow-paced muscle conditioning for improved balance & coordination. Sessions are outlined below!**

**Bone Strength & Balance (July Wednesday Class)**

Who: Adults 55+  
Where: Pavilion @ Ft. Getty  
When: Wednesdays in July  
7/5, 7/12, 7/19 & 7/26  
Cost: \$20.00

**Bone Strength & Balance (July Friday Class)**

Who: Adults 55+  
Where: Recreation Center Gym  
When: Friday Mornings from 10:30 AM-11:30 AM  
Cost: \$15.00

**Bone Strength & Balance (August Wednesday Class)**

Who: Adults 55+  
Where: Pavilion @ Ft. Getty  
Cost: \$20  
Dates: 8/9, 8/16 & 8/23 **\*NO CLASS August 2nd**

**Bone, Strength & Balance (Friday August Class)**

Who: Adults 55+  
Where: Recreation Center Gym  
When: Friday Mornings  
Dates: 8/11, 8/18 & 8/25 \*no class 8/4  
Cost: \$25.00

**Bone Strength & Balance (Wednesdays in Sept.)**

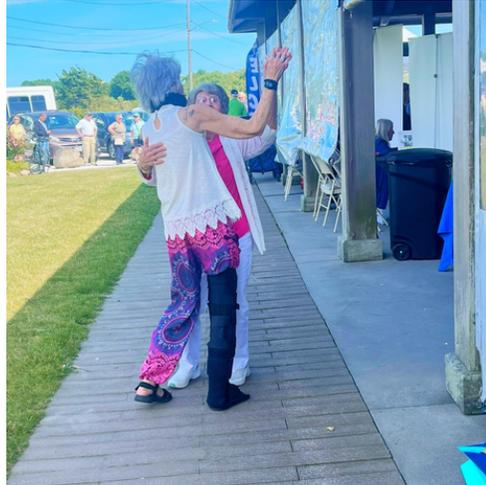
Who: Adults 55+  
Where: Pavilion @ Ft. Getty  
When: Wednesdays  
Dates: 9/6, 9/13, 9/20 & 9/27  
Cost: \$20.00

**Bone Strength & Balance (Fridays in September)**

**who: Ages 55+**  
Where: Recreation Center Gym  
When: Friday Mornings  
Dates: 9/1, 9/8, 9/15, 9/22 & 9/29  
Cost: \$25.00

### Chair Yoga

Instructor: Linda Morse, RYT 500  
Chair Yoga helps with strength, flexibility & peace of mind, without having to get down onto the floor. Chair Yoga offers the same benefits as mat yoga!



Aging in Place  
Resource Fair Photos  
Continued:



### Chair Yoga Summer Session

Who: Adults 55+

Where: Senior Center (upstairs)

When: Mondays (8 week session)

Dates: 7/31-10/2 \*No class on Sept. 4th

Cost: \$30.00

### Aqua Therapeutics at St. Clare's

Head-to-toe water aerobics in a private heated saltwater pool.

Benefits of this class include decreasing swelling, improving circulation, increasing flexibility & strengthening and toning muscles -- without putting added stress on your joints.

• Classes are taught by a rehabilitation clinician

Location: St. Clare in Newport, RI (309 Spring Street, Newport RI 02840)

When: Mondays, 6 weeks

Dates: 9/18-10/30 (no class on 10/09)

\$80.00 \*NO TRANSPORTATION PROVIDED

### Zumba

**Zumba Gold is a Latin & International rhythms based fitness program!**

This class is fun and low-impact. This class is suitable for a wide range of ages and fitness levels. No prior experience is necessary!

### Zumba: August-September Session

Who: Adults 55+

Where: Senior Center (upstairs)

When: Tuesdays (6 week program)

Dates: 8/8-9/12

Cost: \$30.00

### Zumba: September-October Session

Who: Adults 55+

Where: Senior Center (upstairs)

When: Tuesdays (6 week program)

Dates: 9/19-10/24

Cost: \$30.00



## Reoccurring Programs

### Heart-Wise Walking

Who: Adults 55+

Where: Meet outside Senior Center at 9 AM

When: Monday, Wednesdays & Fridays

Time: Approx. 9 AM-9:30 AM

Dates: ONGOING

Cost: FREE

There is nothing better than starting the day off with a brisk walk and fun conversations! Call Ellie Chase at 401-423-1617 with any questions.

### Tai Chi for Arthritis

Who: Adults Ages 55+

Where: Program meets upstairs at the Senior Center during cold weather & Ft. Getty Pavilion during warmer weather

When: Mondays

Time: 9:00 AM

Dates: ONGOING

Cost: FREE

This program is based on a medically proven form of gentle movement designed by specialists to relieve pain, help prevent falls and improve overall health and wellness.

### Health Workshop

#### A Matter of Balance

8 Week Fall Prevention Workshop

Date: Wednesdays

Time: 1-3 PM

Dates: 8 Week Session starting 7/12-8/30

Cost: FREE

### Bridge (Experienced Players)

Who: Adults 55+

Where: Senior Center (upstairs)

When: Tuesdays

Time: 1:00 PM-3:30 PM

Dates: ONGOING

Cost: FREE

Please call Molly Rose at 401-423-9804 to register. Volunteer facilitators connect with players weekly to ensure full tables of play.

### Mah Jongg (for experienced players)

Who: Adults Ages 55+

Where: Senior Center (upstairs)

When: Fridays

Time: 9:30 AM-11:00 AM

Cost: FREE

Do you enjoy strategic games that keep the brain buzzing? This game originated in China and is played with domino-like tiles. Please call Molly Rose at 401-423-9804 for more info.

### Rusty Pens Writing and Storytelling Workshop

Who: Ages 55+

Where: Program will meet upstairs at the Senior Center in cold weather and the Ft. Getty Pavilion in the summer months

When: Mondays (ongoing)

Time: 10:30 AM-11:30 AM

Cost: FREE

Activate the writer in your memories of life's experiences. This creative writing workshop is designed to elicit reflections of your own stories, memories or new ideas. All are welcome. No prior experience necessary and no homework is assigned.



### **URI Cyber Seniors Technology Support**

Appointments are available on Thursdays between 11 AM-4 PM throughout July and August 2023.

Cost: FREE

Appointments are scheduled up to 1 hour.

Have questions about using your iPad, smart phone, or laptop? Come in and meet with one of our cyber senior mentors for a one on one technology appointment. Cyber Seniors is a research study provided by Dr. Leedalh of URI

SkyeLeedahl@uri.edu  
401-874-4567

### **Shopping Trips to the Wal Mart Supercenter in NK: to Resume in September**

Who: Adults 55+

Where: Seniors will be picked up at their home by the Town Bus. Shoppers will be allotted 1.5 hours to shop for items of their choice. Reservations must be made up to 1 full business day prior to the trip. Please call Eileen Donnelly at 401-423-2658 to sign up for this offering. When: Tuesday, September 12th 2023  
NO COST for this service

# MOVIE TIMES!

Movies at the Jamestown Senior Center are presented in collaboration with the Jamestown Library.  
**\*Movies are FREE**



### **80 for Brady (PG-13)**

Movie Showing  
Thursday, July 20th at 1:30 PM at the Jamestown Senior Center



### **The Book Club: The Next Chapter (PG-13)**

Movie Showing  
Thursday, August 24th at 1:30 PM

The Book Club: The Next Chapter is a romantic comedy. It follows four best friends as they take their book club to Italy.

# UPCOMING EVENTS

**Location for below events: Jamestown Senior Center (6 West Street Jamestown, RI 02835)**



**July 13th:** Produce Box Pick Up

**July 14th :** **BINGO** is back! Join the Friends of Jamestown Seniors on Friday from 1-3 PM for BINGO!

**July 20th:** Free Hearing Screenings (for those who have not had one before) from 9-11:30 AM \*apt. required

**August 18th:** Second Produce Box Pick Up

**August 31st:** Appointments with Tina the RI Foot Nurse from 9-11 AM \*apt. required.

**July 27th:** The Alzheimer's Association presents Dealing With Dementia Related Behaviors

**DO NOT MISS:** Annual Summer Senior Picnic at the Pavilion (\*location: Pavilion is located at 1050 Ft. Getty Road, Jamestown RI 02835) **\*rain or shine**

**Date:** Wednesday, August 2nd 2023

**Time:** 11:30 AM



Live Music

Sign-ups are due by Thursday, July 27th

Cost: \$3.00

**CALL EILEEN DONNELLY (meal site supervisor) AT 401-423-2658 to sign up for the picnic!**



**SIGN UP!**

Please note that we are consistently working & planning new events & programs . To keep up-to-date, please make sure to sign up to receive our senior center emails by calling Molly Rose at 401-423-9804 or by emailing [mconlon@jamestownri.net](mailto:mconlon@jamestownri.net)