



Multi-Purpose Senior Center

Serving the Senior Community for 39 years

Director's Message:

Dear Members: **A CALL FOR HELP**



2019 Fundraisers Before COVID-19

July Country Jammin' Concert
August Giant Yard Sale
September Dinner Dance & Chorus Concert
October Dinner Dance
November Bazaar
December Holiday Dinner Dance
Six Calendar Raffles

2020 Fundraisers

**The COVID-19 Pandemic hurt our Fundraising efforts
for FY20-21!**

**All we have are six Calendar Raffles and Clement's Market.
Can we get thru this Pandemic or
will we have to close our doors?**

Another obstacle: If the Town of Portsmouth does not put in a sprinkler system in our Senior Center by June 30, 2021, the RI State Fire Marshall will be forced to close the Center on July 1, 2021. There will be NO Portsmouth Senior Center to call your own. Will YOU allow this to happen to the seniors who vote and pay their taxes?

We are still looking to re-open in September. We will take all necessary precautions to ensure the safety of our seniors and follow re-opening guidelines.

Please see insert for the re-opening guidelines. Thank you for your patience and understanding thru this Pandemic.

Also, I would like to thank everyone for their generous donation when renewing their FY20-21 membership.

Cynthia
directorck@pmpsc.necoxmail.com

SENIOR CITIZENS LIVES MATTER



THE WINDMILL NEWSLETTER AUGUST 2020

Senior Center Hours

TBD

Lunch

12:00pm—1:00pm

Phone Number

(401) 683-4106

Fax Number

(401) 683-4001

Chairperson of the Board

Helen M. Mathieu

Executive Director/ Notary

Cynthia J. Koniecki

Executive Admin. Assistant

Rachel L. Whitmarsh

Janitor & Mealsite Manager

Scott A. Sherman

SHIP & SMP Specialist

Donna A. Macomber
(401) 293-0114 (Office)
(401) 644-3317 (Cell)

Volunteer Staff Treasurer

Edmund B. Silveria

Office Assistant

Linda L. Frezza
Barbara W. Platt

Chorus Director

Josephine E. Vierra

Thrift Shop Manager

Joan A. DeNardo

Support Group Facilitator

Kerry Murphy

PEOPLE BORN IN AUGUST:

"Stunning, Intellectual and
Magnetic"



Peridot Stone

Cooking Tricks (Continued)

2. Freeze Leftover Wine or Broth in an Ice Cube Tray

If you use wine or broth to cook, then you know all too well that you often have leftover liquid that you're not able to use in your dish. You can either toss your excess broth or wine or place it in the fridge, where it might go bad before you get a chance to use it again.

However, there is one other solution. Instead of allowing all that excess liquid to go to waste, pour it into an ice cube tray and pop it in the freezer. Next time you need to use it for cooking, you can pop out a couple of frozen cubes and add them straight to your pot. It'll be just as good as when you first opened it, and you'll have better control of just how much liquid you use since you know the rest won't go to waste.



Jane Foss, Diane Moore,
David Perry, Theresa Virgadamo

Did You Know Scallops Have Eyes AND Teeth?!

If you thought scallops were just soft, delicious pieces of seafood that weren't intimidating at all, you don't know how wrong you were. Unbeknownst to most of us, scallops are much more metal than anyone thought. They not only have eyes, which are those beady little blue things all along the shell, but teeth too!



NEEDED



NEEDED

All receipts may be left in our **Blue Box** in the front lobby, brought to the main office, or mailed to the Senior Center. Clements Market contributes 1% of all the receipt totals to our Senior Center. This is a great mini **FUNDRAISER** for the Center. Thank you.



SNAP, formerly called Food Stamps, is a government program to help people who need a little help buying food. If you are over 60 and your income is at or below the guidelines (call 866-306-0270 for information), you may be eligible to receive SNAP benefits. Even if you only qualify for the minimum benefit, this means you are also eligible for a free cell phone and a reduced electricity rate.



SHIP Senior Health Insurance Program

Donna Macomber or another SHIP counselor will be here every Monday from 1-4 PM; every Tuesday & Wednesday 9 AM-4 PM. A S.H.I.P. counselor is trained and certified to help you navigate the Medicare system and to answer your questions about Medicare A, B, C, and D, Medicare Advantage, and supplemental plans. Donna can also help you make sense of your medical bills. Please call 644-3317 or 683-4106 to book an appointment (required) or email at: PMPSC@OUTLOOK.COM.

Quote of the Month

AUG ♥ ST
it's like the sunday of summer

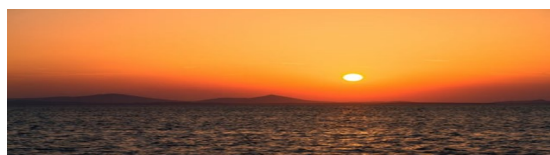


August 21st is
**Senior
Citizens
Day**

FREEZE GRAPES



If you want to keep your wine cool in the glass for drinking on hot summer days, use frozen grapes instead of ice cubes. They'll keep the drink cold and they won't dilute it or change the taste as they thaw. Make sure you wash them before freezing!



"Beyond the Sunset"
Harriet Baker, Miriam Luckenbaugh

*****Cindy's Corner*****

Traditional Southern Deviled Eggs

- | | |
|---|--|
| 7 large eggs | heat; let stand 10 min. Drain. Cover eggs with cold water. When cool, peel eggs; halve lengthwise. Transfer yolks to small bowl. With fork, mash yolks, then stir in mayonnaise, pickle relish and mustard. Season with salt and pepper. |
| ¼ cup mayonnaise | |
| 1½ Tbs. sweet pickle relish | |
| 1 tsp. mustard | |
| Salt and pepper | |
| Paprika, sliced, sweet gherkin pickles and pimentos (optional) | |
| ● In pot, combine eggs with enough cold water to cover by 1"; over high heat, bring to boil. Cover. Remove from | ● Dividing evenly, fill egg whites with yolk mixture. If desired, garnish with paprika, pickles and pimentos. Store covered in refrigerator. |



For security reasons, we will no longer display the month/day of the birthdays!

<p>Andrade Jr, Charles Arruda, Joan Arruda, Zenelia Barnett, Sandra Belson, Harold Borowy, Mark Brown, Albert Bryant, Michael Burkhardt, Donald Carawan, Louise Cleasby, Fred Clemens, Lois Clifton, Pearl Cote, Ruth Cotta, Gail Cotta, Raymond Czech, Betty Ann Downes, Teresa DuBreuil, Nancy Emond, Cynthia Ferreira, Edward Fitzgerald, Joanne Fontaine, Jay Frezza, Linda Gair, Janet</p>	<p>Gomes, Martha Gomes, Rosemary Hambly, Marilyn Hanlon, Mary Ann Hanlon, William Helger, Joyce Hill, Thomas Hillman, Dorothy Jenkins, Veronica Jesso, Patricia Kegligian, Sylvia Kesson, Paul Kim, Duksoon Leinberry, RM Terry Lucci, Aurelio Machado, Lorraine Macomber, Donna Marchese, Christine McKenna, Arlene Medeiros, Stephen Miller, Caroline Mills, Janet Montecalvo, Raymond Noonan, Nancy Nott, Michael</p>	<p>Ottilige, Margaret Paiva, Arthur Peck, Francis Platt, Barbara Pridgen, Katherine Roy, Richard Sargent, Gary Sawyer, Marlene Shearman, Jacqueline Silva, Frank Silveria, Edmund Silvia, Anthony Sonsini, Vincent Stinson, Norma Thayer, Anne Tokarz, Anthony Tokarz, Joan Vaughn, Joan Ventura, Carlene Vierra, Josephine Vincent, Susan Virgadamo, Theresa Whittle, Yvette Williamson, Jay</p>
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**Portsmouth Multi-Purpose
Senior Center**

110 Bristol Ferry Road
P.O. Box 202
PORTSMOUTH, RI 02871
Office: (401) 683-4106
FAX: (401) 683-4001
Mealite: (401) 683-4106
ADDRESS SERVICE REQUIRED

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