



Benjamin Church Manor
Independent and Affordable Living
Bristolhousingri.org
1014 Hope Street Bristol, RI 02809
401-253-4464

August 2023

Volume 26, Issue 5

Direct Extensions

Candy ext. 14
Jim ext. 13
Moe ext. 12
Orlanda ext. 11
Marilyn ext. 10

Hours of Operation

Mon —Thurs:
8 am to 3:30 pm

Fri: 8 am to 1 pm

Board of
Commissioners

John Faria,
Chairman

Raymond Cordeiro
Vice-Chairman

Tina Barboza

Edward J. Correia

Pasquale D'Alessio

Candace Pansa
Executive Director

Resident Picnic

Wednesday,
August 2, 2023

At 12:00 pm

In Tom's Grove



Please Bring A Side
Dish Or A Dessert To
Share

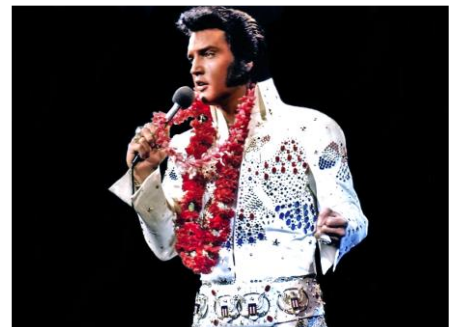


Important Dates

- * August 2nd, Resident Picnic
- * August 3rd, Picnic Rain Date
- * August 14th, Victory Day Office Closed

Resident Association **Events in Community** **Room**

- *August 1st Officer & Board Meeting @ 1:00 pm
- *August 4th, Karaoke Night @ 6 pm
- *August 8th, RA Meeting & 50/50 Raffle @ 1:30 pm
- *August 18th, BINGO and 50/50 Raffle @ 6:00 pm
- *August 25th, Elvis Show @ 7-9 pm



From The Desk of the Executive Director

The Bristol Housing Authority will be hosting their annual summer cookout which will be held in Tom's Grove. Come join us for hot dogs, hamburgers, and other delicious food at 12:00 pm on August 2nd, (rain date August 3rd). There will be music and a chance to see friends and neighbors that you have not seen in a long time. Bring your lawn chair. Good food, music, and great neighbors! Our wonderful maintenance men will be attending the grills for us! If you can, PLEASE bring a SIDE DISH (dessert, potato salad etc.)



The BCM Resident Association is hosting some great events this month. Be sure to read their column in our newsletter!



The Benjamin Church Senior Center is gearing up for many activities, we've enclosed their newsletter for your convenience. Also, their Senior Van will take you grocery shopping on Thursdays and to your medical appointments on Mondays and Wednesdays. The Senior Van will pick you up right in front of your building! Call the Senior Center (253-8458) to reserve your seat!

Enjoy These Wonderful Days of Summer



Candy

August Birthstone

• Peridot •



Symbolizing dignity, fame, and prosperity. **Peridots** have been used in jewellery through the ages to achieve peace and success, and to attract love and good fortune. Hawaiians believe the traces of peridot found in volcanic ash are the tears of the volcano goddess, Pele.



Please make an extra key for you to give to a neighbor or relative in case you lock yourself out or lose your key.

Please remember... The Senior Center van will take you grocery shopping on Thursdays. You will be picked up in front of your building. Call Senior Center 253-8458 to reserve your trip!



Please do not change your parking spot.

If you want to change your spot with another resident, please call Moe for her to approve the transfer.

For Your Information
My office hours are
Monday through Thursday
8:00 a.m. — 4:30 p.m.
Off on Fridays.

Leave me a message at
(401) 253-4464 Ext. 12

Please be specific with your questions, issues, or complaints so I can research the answer and I will return your call.
My email address is mhorton@bristolhousingri.org



Monthly Riddles

1. What starts with T, ends with T, and has T in it?
2. What has a neck but no head?
3. What has one head, one foot, and four legs?
4. Throw away the outside and cook the inside, then eat the outside and throw away the inside. What is it?

Answers

1. A teapot
2. A bottle
3. A bed
4. Corn on the cob

A NOTE FROM THE BENJAMIN CHURCH RESIDENT ASSOCIATION

Our Friday night Bingo was fantastic, we had so many winners and even more laughs! Congratulations to all our winners and to Donna Morton, our 50/50 raffle winner. Our next Bingo is scheduled for Friday, August 18th, please join in the fun!

Upcoming Events:

August 1, 2023 @ 1:00 p.m.
Officer & Board Meeting

August 4, 2023 @ 6:00pm
Karaoke Night with our own DJ, Ron Deschenes.

August 8, 2023 @ 1:30
Resident Meeting & 50/50 raffle.

August 18, 2023 @ 6:00pm
Bingo & 50/50 raffle.

August 25, 2023 @ 7-9 p.m.
Elvis Show ... light snacks, cold drinks & coffee will be served.

Reminder: All residents who live at Benjamin Church Manor can join the Resident Association at any time. Our events are held in in our lovely, air-conditioned community room. It's such a great way to meet people and have a little fun! Please stop by one of our meetings or call one of our officers listed below.

Officers

President	Liz Patton	401-516-6265
Vice President	Jody Archambault	401-516-4528
Secretary	Michele Ferguson	401-595-9171
Treasurer	Sue Lemois	401- 864-6510
Membership Secretary	Sharon Araujo	401-451-3646

Board of Directors

Nancy Allard	401-297-0440
Donna Dantone	401-316-6971
Gwen Dube	401-253-4771

Benefits of Eating In-Season Produce

So why should you put forth the extra effort to eat seasonally? Well, there are a few reasons.

But let's start with the most straightforward one: **produce tastes better when it's in season.** It's as simple as that.



What fruits and vegetables are in season in August?

- acorn squash.
- apples.
- apricots.
- blueberries.
- butternut squash.
- cantaloupe.
- corn.
- cucumbers.

Marinated Cucumber, Onion, and Tomato Salad

This easy cucumber, onion, and tomato salad is perfect for a warm summer day.



Recipe by BogeyBill

Tested by Allrecipes Test Kitchen

Prep Time:
15 mins

Additional Time:
2 hours

Total Time:
2 hours 15 minutes

Ingredients

- 1 cup water
- ½ cup distilled white vinegar
- ¼ cup vegetable oil
- ¼ cup sugar
- 1 teaspoon salt, or to taste
- 1 teaspoon freshly ground black pepper, or to taste
- 3 cucumbers, peeled and sliced 1/4-inch thick
- 3 tomatoes, cut into wedges
- 1 onion, sliced and separated into rings

Directions

1. Gather all ingredients.
2. Whisk water, vinegar, oil, sugar, salt, and pepper together in a large bowl until smooth.
3. Add cucumbers, tomatoes, and onion and stir to coat.
4. Cover bowl with plastic wrap; refrigerate for at least 2 hours.
5. Enjoy!



Hot Weather Safety Tips for Older Adults

While summer brings us warmth and bloom, prolonged exposure to excessive heat in summer months can be dangerous. This is especially true for older adults. Every summer, more than 600 Americans die of health problems caused by excessive heat and humidity. Older adults and individuals with chronic medical conditions are at high risk of developing heat-related illnesses, because of aging-related physical changes in the body, chronic health conditions, and even effects of taking some medications.

Staying Safe When It's Too Darn Hot



When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool.

■ **STAY AWAY** from direct sun exposure as much as possible. If possible, plan your outdoor activities either early in the morning or when the sun starts to set.

■ **STAY HYDRATED.** Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more.

■ **DRESS APPROPRIATELY.**

Whenever you can, try wearing loose, light-colored clothes. Avoid dark-colored clothes as they may absorb heat. Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.

■ **AIR CONDITIONING** is your friend in summer. Spend as much time as possible in air conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned. For example, you may read a book at the library, walk around in indoor malls, watch that new movie at the theater, or meet your friends at the senior center. (Note: The federal Low-Income Home Energy Assistance Program (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. To reach your state's LIHEAP program, call 1-866-674-6327.)

■ **DID SOMEONE SAY SUNBURN?** Buy a broad spectrum sunscreen lotion or spray with sun protection factor (SPF) of 15 or higher. Apply the sunscreen liberally to all exposed skin. Also, bugs are abundant in summer, so spray insect repellent when going outdoors.

■ **COOL DOWN!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.

How to Spot and Treat Health Problems Caused by Heat

It's important to recognize when hot weather is making you sick, and when to get help. Here's a list of health problems caused by exposure to too much heat:

Dehydration

What it is: A loss of water in your body. It can be serious if not treated.

Warning signs: Weakness, headache, muscle cramps, dizziness, confusion, and passing out.

What to do: Drink plenty of water and, if possible, sports drinks such as Gatorade™, which contain important salts called "electrolytes." Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you're dehydrated. If you don't feel better, call 911. If you feel better after drinking fluids, but have medical conditions like heart failure or take diuretics ("water pills"), you should also call your healthcare provider for a follow-up.

Heat stroke

What it is: A very dangerous rise in your body temperature, which may happen gradually over days of heat exposure in older adults. It can be deadly.

Warning signs: A body temperature of 104°F (40°C) or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion or lethargy; and passing out.

What to do: Call 911 immediately. Move to a cool, shady place and take off or loosen heavy clothes. If possible, douse yourself with cool water, or put cloths soaked with cool water on your wrists, ankles, armpits, and neck to lower your temperature. Try to see if you can safely swallow water or sports drinks while waiting for 911.

Note: If you are caring for someone else who has heat stroke, only give them water or drinks if they are awake and can swallow. Do not try to give fluids by mouth if the person is drowsy, as it could cause choking.

Heat exhaustion

What it is: A serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke (see above).

Warning signs: Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting. Body temperature is generally between 98.6°F (37°C) and 104°F (40°C).

What to do: Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or sports drinks. Call 911 right away if you have high blood pressure or heart problems, or if you don't feel better quickly after moving to the shade and drinking liquids.

Heat syncope

What it is: Fainting caused by high temperatures.

Warning signs: Dizziness or fainting.

What to do: Lie down and put your feet up, and drink plenty of water and other cool fluids.



40 FULTON STREET
18TH FLOOR
NEW YORK, NY 10038
212.308.1414 TEL
212.832.8646 FAX
Info@healthinaging.org

DISCLAIMER: This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other healthcare provider. Always consult your healthcare provider about your medications, symptoms, and health problems. July 2019

©2019 Health in Aging Foundation. All rights reserved. This material may not be reproduced, displayed, modified, or distributed without the express prior written permission of the copyright holder. For permission, contact info@healthinaging.org.



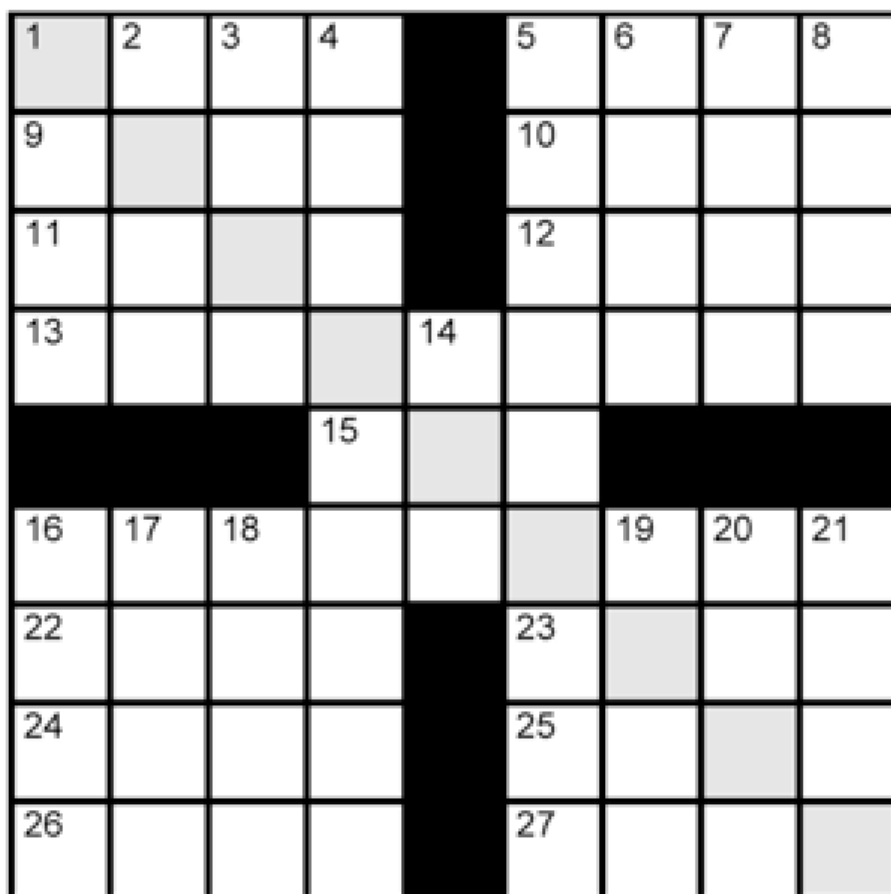
Summer birdie game

Across

1. Actor Pitt
5. Make over
9. Place to hibernate
10. Face shape
11. Pakistani language
12. Darn, as socks
13. Goes on board again
15. Kind of tax
16. Philosophical doctrine
22. Centers of activity
23. Germany's ___ von Bismarck
24. Crude group?
25. Snaillike
26. Work station
27. Joie de vivre

Down

1. Smudge
2. Hard to find
3. Adjutant
4. Chicken order
5. Aquiline facial part
6. "... happily ___ after"
7. Clammy
8. Cutlass, e.g.
14. Life story, in brief
16. Walk heavily
17. Easy gait
18. Top guns
19. "___ do you good"
20. Ancient gathering place
21. Cut



N	A	T	E		K	S	E	D
W	O	T	S		C	E	P	O
O	T	O			I	C	O	L
M	S	I	N	O	T	V	L	P
			N	I	S			
S	K	R	A	B	M	E	E	R
D	N	E	M		U	D	R	U
L	V	O			R	I	V	L
O	D	E	R		D	V	R	B

The title is a clue to the word in the shaded diagonal.



August Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 RA Officer Board Meeting – 1 pm	2 Resident Picnic in Tom's Grove -12 noon	3 Picnic Rain Date	4 Karaoke – 6 pm	5
6	7	8 RA & 50/50 raffle – 1:30 pm	9	10	11	12
13	14 US Victory Day OFFICE CLOSED	15	16	17	18 BINGO – 6 pm	19
20	21	22	23	24	25 Elvis Show 7-9 pm	26
27	28	29	30			

Have you or a loved one been targeted by a scam?

If you or a loved one has been targeted by a scam or fraud, you are not alone. Our fraud specialists provide free support and guidance on what to do next.

Common signs of a scam include:

- A phone call asking for money or personal information, such as your [Social Security number](#).
- A request to buy gift cards to [pay a purported debt](#) or to send money to someone whom you've only met online.
- An unauthorized charge on your credit card.
- An email or call saying you've won a [sweepstakes or lottery](#), though you don't recall entering one.



**Call the Bristol
Police
Department at
253-6900 if you
suspect that
someone called
running a Scam.**

**Remember to lock your
car and take your
valuables with you.**

Report a scam or fraud if

- You get a suspicious call, text or email [requesting your bank account number](#); instructing you to buy a gift card; or promising a prize or gift.
- You gave money or financial or medical information to someone whom you now suspect was a scammer.
- A relative or friend gave money or something of value to a suspected scammer.