

# CENTER CONNECTIONS

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*Join us in celebrating  
St. Patrick's & St. Joseph's Days*

*Cranston Department of Senior Services  
1070 Cranston Street, Cranston, RI 02920*

*Your Senior Connection . . . Changing the Face of Aging*

*March / April 2019*

*Vol. XXXIII . . . No. 2*

## Mayors' Message

## Executive Directors Message

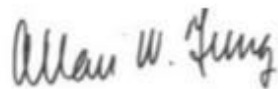
Dear Friends,

With the winter months still upon us, I would ask everyone to please continue to be careful during inclement weather. We never know what the weather will hold on a daily basis, though we have been fortunate this season so far. Our Public Works, Highway, Maintenance, and Parks & Recreation Departments work hard to address any weather related issues throughout the City so that our residents are safe.

The Center is fortunate to have so many wonderful volunteers, and we appreciate all the work they do on a daily basis. National Volunteer Week from April 7-13 recognizes the impact and power of volunteers and volunteer service, and the Center will also be hosting a special event that week so stay tuned for more information. I encourage you to check out the Center's new website at [www.cranstonSeniorcenter.com](http://www.cranstonSeniorcenter.com) where you can find all the latest information on events, classes, menus and on-going activities. The staff did a great job and worked very hard to put this website together so that it's user friendly and informative.

My office has been very busy with new businesses and stores opening along with new building projects in the works. I look forward to sharing more with you when I visit the Center at its upcoming events.

Sincerely,



Allan W. Fung, Mayor



Hello Everyone,

I am so excited about this issue, we have so much going on at The Enrichment Center. We have received a grant from Tufts Health Plan Foundation. The grant will allow us to go out into the community and talk with people and educate them on how to recognize Dementia and effects it has on our community. A lot of time we deal with people in many different way like cashiers at the local store, tellers at the bank and in many other ways. These people may show a sense of disorientation and this may be upsetting to the worker. What this outreach does is introduce some of the symptoms that come along with this disease. The Cranston Department of Senior Services is the recipient of 1 of 27 projects funded by the Momentum Fund of Tufts Health Plan Foundation in Rhode Island, Massachusetts, and New Hampshire.

The Cranston Department of Senior Services' \$10,000 grant will focus on making various sectors of the community aware and understand memory loss and aging, normal cognitive decline with the aging process and cognitive impairment, mild, moderate to severe Alzheimer's disease and other related dementias. The scope of work will include offering a series of presentations/workshops to varied sectors of the community, including caregivers.

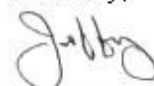
The City of Cranston will be enhancing its Age-Friendly efforts through programs offered by the Department of Senior Services, Senior Housing, Adult Day Care Centers, Community Action Program, and Assisted Living and Nursing Home facilities.

Once again we will be honoring our senior population 90 and over with a breakfast and greetings from Mayor Fung. This will be held here at the center on May 15<sup>th</sup>. All the recipients will be receiving a citation from the mayor. If you or your loved one qualifies, please call the center for more information.

Our new website is up and running. Please take a look. All our events, classes, lunch menu and events will be posted and updated on a regular basis. Our website address is [WWW.cranstonSeniorcenter.com](http://WWW.cranstonSeniorcenter.com). And don't forget to like us on Facebook and follow us on Twitter.

Plans are in the works now for our St. Patrick's and St. Joseph's Day celebrations. For more information, check out the website or call us at 401-780-6000.

Sincerely,



Jeffrey P. Barone, Executive Director



## Advisory Board's Message

*"It does not matter how slowly you go as long as you do not stop"*

Confucius

## ***Cranston Department of Senior Services***

[WWW.cranstonSeniorcenter.com](http://WWW.cranstonSeniorcenter.com)

Phone: (401) 780-6000

Fax: (401) 946-5909

### **Executive Director**

**Jeffrey P. Barone**—780-6189

[jbarone@cranstonri.org](mailto:jbarone@cranstonri.org)

### **Administration**

**Assistant Director**

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### **RSVP**

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[kporto@cranstonri.org](mailto:kporto@cranstonri.org)

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### **Transvan**

**Jane Luker**—780-6220

[jluker@cranstonri.org](mailto:jluker@cranstonri.org)

### **Receptionist / Social Media**

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RSVP/Health Pharmacist

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**Mary McKenna, R.Ph.**—780-6210

CVS/Health Pharmacist

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**Marylou Pearson, RN**—780-6207

[mpearson@cranstonri.org](mailto:mpearson@cranstonri.org)

### **Automated**

**Lunch Reservation System**

780-6134

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Like our Facebook page—**Cranston Senior Enrichment Center**, Follow us on Twitter **@cranstonSenior**, and find us on the City of Cranston's Website—[WWW.cranstonSeniorcenter.com](http://WWW.cranstonSeniorcenter.com)

*The mission of the Cranston Department of Senior Services in its capacity as a community based resource and human services agency, is to provide coordinated, creative and comprehensive services which educate, nourish, assist, entertain and enrich the lives of individuals 55 years of age and older.*

## **Cranston Senior Enrichment Center**

1070 Cranston Street, Cranston, RI 02920

401-780-6000

Open 5 days a week / Monday thru Friday

8:30 a.m. to 4:30 p.m.



- Transportation available (*for Cranston Residents*)
- Educational Programs
- Exercise ~ Dance Classes
- Health Presentations & Screenings
- Nurse & Pharmacist available
- Adult Day Services
- Social Services available
- Fun & Entertainment
- Lunch Served ~ Snack Bar
- Carry-out Service
- Gift Shoppe
- And much, much more . . . .

*Learn more about our services on the social media listed below.*

### **Follow Us on Social Media**

To learn of the latest activities and up coming programs at the Cranston Senior Enrichment Center, follow us on Twitter **@cranstonSenior** and "like" our page - **Cranston Senior Enrichment Center** --on Facebook and Website [WWW.cranstonSeniorcenter.com](http://WWW.cranstonSeniorcenter.com).



**Blue Cross Blue Shield Seminar**

**Thursday, March 7th / 9:00 to 11:00 a.m.**

Activity Room

Please join Susan Saccoccia, Medicare Member Information Coordinator from Blue Cross Blue Shield of RI for a 2019 benefit recap meeting for Blue Chip for Medicare.

**URI SNAP Outreach Clinic**

Do you have questions about, or wish to apply for SNAP benefits? Are you having issues with your SNAP benefits? The URI SNAP Outreach worker can help you! Please come to the clinic which is held on the second Thursday of every month from **10:00 a.m.-12:00 p.m in Quad 3.**

• Upcoming dates:

**March 8<sup>th</sup>**

**April 11<sup>th</sup>**

**Rhode Island Legal Services Senior Citizens Program**

This program helps low income seniors with legal advice and legal assistance. They can help you if you are having problems regarding your housing, Social Security, SNAP, Medicaid or any other public assistance programs. They are located at 56 Pine Street in Providence and you can call them at 401-274-2652 or 1-800-662-4034.

**Alliance for Better Long Term Care**

This agency advocates, mediates, and helps to solve problems for residents of nursing homes, assisted living facilities, and those receiving home care or hospice. They also investigate complaints of inadequate care and abuse suffered by elders and adults with disabilities who are using long-term care services. All reports of abuse and neglect are kept confidential. They are located at 442 Post Road in Warwick and their phone number is 401-785-3340 or 1-888-351-0808

**ATTENTION: CRANSTON HOMEOWNERS  
Residential Rehabilitation Grant Program**

This program provides low-interest loans to income eligible Cranston homeowners to assist them in making needed repairs and improvements to their homes and to correct code violations. For more information call the Department of Community Development, 401-461-1000 extension 7205.

**ATEL Presentation**

**Thursday, April 18<sup>th</sup> / 10:00am – 11:00am**

In the Classroom

Denise Corson, Program Coordinator for the ATEL Program which stands for Adaptive Telephone Equipment Loan will be here on Thursday, April 18<sup>th</sup> to demonstrate and explain to us the benefits of this specialized telephone equipment that is for loan for individuals who are deaf, hard of hearing, have a speech impairment, suffer from neuromuscular, or any disease that hinders them from using a standard telephone. Please come and join us for this very beneficial and informative presentation. For more information, please call Kathleen at 780-6200.

**Care to Connect Café**

Meetings will be held the 4<sup>th</sup> Wednesday of every month from 1:15-2:15 in the Classroom.

• **Upcoming Meetings: March 27<sup>th</sup> and April 24<sup>th</sup>**

Being a Caregiver can result in ignoring your own physical and emotional health. Oftentimes, Caregivers don't recognize the symptoms of stress that they are experiencing. Securing support from other family members, friends, and community groups is essential. It may be hard to ask for and/or accept help, but you cannot do it all alone.

**The Care to Connect Café** will encourage caregivers to care for themselves and provide productive strategies for dealing with conflicts or tensions that may arise when caregiving. For more information, please contact Jennifer at 780-6254.

*"Support for Making a Dementia Friendly Community is provided by a grant from Tufts Health Plan Foundation"*



*Do you receive a lot of mail? Can you tell the difference between what is important mail and what may be a potential scam? If you would like assistance reviewing your mail, the Social Services Division is here to help. Please contact us for an appointment: Jennifer 780-6254, Kathleen 780-6200, or Nick 780-6255.*



### On Alert

The world seems less predictable than it did just a few months ago. In addition to natural threats, armed conflicts are occurring in several places here, and across the globe. Terrorists have and will continue to strike both here and abroad. Man made disasters are caused often through unforeseen failures whereas natural disasters occur with or without warning and vary in intensity and type. In either case, natural or human disasters are usually characterized by widespread destruction of property, many injuries, and often loss of life.

Seniors have a long history of responding well to these threats and disasters. Now we have to draw our strength and prepare ourselves, once again, to deal with the unexpected. Physical and emotional reactions often occur as a result of a natural emergency or traumatic event such as a terrorist attack. This action may happen immediately or weeks after an event. Stress reactions can happen immediately or weeks after an event. Stress reactions can happen to people of any age and may change a person's behavior, thoughts and physical health. IT IS NOT A SIGN OF WEAKNESS.

May I remind you . . . Seniors today are a sturdy, reliable generation. We've proven time and time again our ability to survive everything from the great depression, to world wars, and the threat of a nuclear holocaust. We lived through droughts, floods, and all sorts of other natural disasters.

We are—PROUD—TOUGH—RESILIENT—and to our "younger" generation our motto is—WE WILL BE THERE WHEN YOU NEED US.

Till next time . . . BE INFORMED—BE PREPARED,  
Frank Murga



### On Wednesday, May 15, 2019

Mayor Allan Fung  
and

The Cranston Department of Senior Services  
will, once again, host the  
**90+ Celebration**

The annual celebration pays special tribute to all Cranston seniors who are 90 years of age or older. \*Our goal is to be able to identify present and past Cranstonians.

Please call Kathi Dunphy at 401-780-6216 with names and addresses of anyone you know who is celebrating this special milestone.

## Support Groups

Cranston Department of Senior Services offers the following support groups to help you and your loved one(s) deal with conditions such as diabetes, visual impairment or grief.

### Reminiscence Group

Second Friday of the month / 9:30 a.m.  
March 8th & April 12th

### Diabetes Support

First Wednesday of the month / 10:00 a.m.  
March 6th & April 3rd

### INSIGHT Support Group

First Friday of the month / 10:30 a.m.  
March 1st & April 5th

*For more information  
call 780-6000*



### Center Gift Certificates Are Now Available!

*(Perfect Gift Anytime)*



Looking for that perfect gift to honor a friend or family member? The Center is now offering Gift Certificates in \$5, \$10 and \$25 denominations which may be applied toward membership fees, program fees, Snack Bar items, Transvan passes and the Center Gift Shoppe. Please visit with one of our Center Staff members for more information.

### 55+ No Limits TV

Our cable TV Show, filmed here every month to showcase our wonderful facility. Hosted by Jeffrey and David, this show highlights all the activities and events here at the Center. We have local guests to talk about senior living, exercise, fire safety and much more of interest to our senior community. Below is the schedule and if you would like to see a special guest or have an idea for a topic, contact Jeffrey Barone, Executive Director at 780-6189.



- Monday 4:00 p.m.
- Tuesday 12:00 noon
- Friday 8:00 p.m.
- Saturday 12:00 noon

Cox Cable 18

Verizon 30

## Programs 780-6216

*Kathi Dunphy, Programs Director*

### Luncheon Entertainment

#### Top of the Mornin!

Friday, March 15

11:30 a.m. to 12:30 p.m.

We are all seeing green! Join us as we listen and sing to the music of Mike DeNardo and enjoy the best comed beef and cabbage in town.

#### St. Joseph's Day

Tuesday, March 19

11:30 a.m. to 12:30 p.m.

Everyone is Italian today! Join us as we celebrate our feast of "San Guiseppe." Our chefs will prepare a great Italian lunch so wear your red, white and green to celebrate and Mike DiNardo will be here to sing your favorite songs.

#### Easter Celebration

Monday, April 22

11:30 a.m. to 12:30 p.m.

Come and celebrate with your senior service family and enjoy a ham dinner prepared by our chefs. Music will be provided for us by Hagop on the violin.

*Call for your reservations 780-6134  
suggested luncheon donation \$3.00*

Movie Time – 1:00 p.m.



Thursday, March 21 – "Mama Mia, Here we go again!" Five years after the events of *Mamma Mia!* (2008), Sophie prepares for the grand reopening of the Hotel Bella Donna as she learns more about her mother's past

Wednesday, April 24 – "Mist Love Dogs" A 40-something divorced preschool teacher turns to the personal ads for a change of pace with hilarious results.

#### Smile Dolls

Drop by the Activity Room and check out the wonderful group of ladies making *smile dolls*. These dolls are used in hospitals and shelters to help children who are going through a difficult time.



### Convenient Services



#### Manicure Service

- Standard Manicure
- Gel Manicure

Sara will be here every Thursday. If you would like to schedule an appointment, please call her at 451-0362.

### Club News

#### Book Club

Tuesday, – 10:30 a.m.

March 26th – "In the Midst of Winter" by Isabel Allende. Three very different people are brought together in a mesmerizing story that moves from present day Brooklyn to Guatemala.

April 23rd - "The Baker's Secret" by Stephen P. Kiernan. A story about Emmanuelle, who bakes bread for the German troops that have invaded her home on the Normandy coast.

#### Coloring Book Club

Mondays 9:30 a.m. to 10:30 a.m.

#### FREE Materials provided

Plenty of activities can help seniors engage their brains and increase motor skills. Now add to that coloring books for adults. Coloring can relax the brain, reduces anxiety and stress, and help you focus on the present while enhancing motor skills that begin to fade as we age. Come and check out our Coloring Book Club that meets on Mondays.

### Arts

#### Creative Stitchers

#### "Monday Morning Glories"

Mondays – 9:00 a.m. to 11:00 a.m.

Do you enjoy quilting, knitting or crocheting? Don't stay home alone come and join our Monday morning group. Time to socialize and at the same time enjoy your craft. Pat, our facilitator, is always available to guide you through your project.

#### Woodworking

Daily / 9:00 to 11:00 a.m.

Come down to our busy woodshop, where seniors are making different items out of wood.



*For more information or to register stop by the Program Office or call 780-6216.*

# Programs

## Learn Something New

### Discover RISD Museum

Friday, March 22nd / 1:00 p.m.

Free

Join Charlann Walker, a docent at the RISD Museum, as she shares some interesting facts.

### AARP Smart Driver Course

Wednesday, April 3rd

9:00 a.m. to 2:30 p.m.

The curriculum contains the latest insights. Workbooks are easy to follow. There are no tests. If you are planning on purchasing lunch, you must make a reservation two days prior (780-6134 no exceptions).

## Fun & Games

### Mah Jong

Tuesdays, 12:30 to 3:00 pm

### Dominoes

Tuesdays Thursdays, 1:00 pm

### Canasta

Wednesdays, 1:00 pm

### Tournaments~ call 780-6216 for dates

*\* Poker—come and spend a great afternoon and make new friends. \$10.00 entry fee.*

Mondays, 1:00-3:00 pm / 10 weeks \$10.00

**Billiards**—Daily 8:30 am to 4:10 pm / \$3.00 a month

**Bingo**—Mondays & Thursdays, 1:00-2:30 pm / \$5.00

**Chess**—Thursdays @ 1:00 pm.

**Puzzles**—In the billiards room

### Hi Low Jack League

Tuesdays & Fridays at 1:00 p.m.

Open to anyone for a \$3.00 weekly fee. You can enjoy playing as a team and competing against other teams and will enjoy a beautiful banquet at the end of the league.

Call Kathi 780-6216 or Ray Walsh 497-8097 for details.



## Exercise Programs

We have a variety of exercise programs to make you feel better and live longer by staying active!

- **Chair**—is for seniors that are just starting their exercise routine, which stretches every part of the body and gets the blood flowing. These are held Monday, Tuesday, Thursday and Friday from 10:30 to 11:00 a.m.
- **Chair Yoga Class**  
Tuesdays, 10:00 am to 11:00 am / Fee: \$2.00
- **Bone Builders**—held every Monday 1:00 to 2:00 p.m. and Thursday from 9:30 to 10:30 a.m. Suggested Donation: \$2.00.
- **Making Exercise Easy**—a low impact routine which is for seniors with neurological problems. Free weights are used. Making Exercise Easy is a FREE program that is offered on Wednesdays at 1:00 to 2:00 p.m.
- **Tai Chi**—offered every Tuesday and Thursday 10:00 to 10:45 a.m. This class is for seniors who want to improve balance, flexibility, and relaxation. Fee: \$4.00
- **Aerobics**—for the more active senior. Taught by a certified instructor, the format includes stretching, cardiovascular, and strengthening with free weights. These classes are held Monday, Wednesday and Friday 10:00-11:00 a.m. Fee: \$3.00
- **Yoga**—a wonderful program that gives you a stretch and meditation. It is Fridays from 9:00 to 10:00 a.m. Fee: \$4.00
- **Zumba Gold**—Tuesdays from 1:00 to 2:00 p.m. Fee: \$3.00

## Keep on Dancing

- **Ballroom Dance**  
Brush up on your ballroom dancing on Tuesdays. The lessons are from 10:30-11:30 and the fee is \$4.00.
- **Line Dance**  
Line dancing is held on Wednesdays 1:15 TO 2:15 and the fee is \$2.00.



## March Health Check

### Diabetes Support Group     *"Respiratory Health"*

Wednesday, March 6<sup>th</sup> – 10:00 a.m.

**Facilitators: Mario Casinelli & URI Pharm D Students**

Asthma and COPD affect many of us and for those with diabetes there can be additional difficulties to face during treatment. Join us for a discussion about respiratory health and the impact of diabetes.

### Cooking for One     *"How to Enjoy Cooking for One"*

Wednesday, March 13<sup>th</sup> – 10:00 a.m.

**URI SNAP-ED Program**

At this presentation you will learn to enjoy cooking for one by preparing healthy foods and having a plan that provides variety and nutrition. There is no need to eat the same thing throughout the week.



### Why & When Physical Therapy

Tuesday, March 19<sup>th</sup> – 1:00 p.m.

**Provided by: Pappas Physical & Hand Therapy**

Are you in pain? Having difficulty with daily activities? Physical therapy may help. We invite you to this informational session on Physical Therapy. We will discuss the benefits, how to access physical therapy and if insurance will cover it.

### Chronic Kidney Diseases

Wednesday, March 20<sup>th</sup> – 10:00 a.m.

**URI Pharmacy Outreach Program Pharm D Students**

A serious disease that can affect many older adults, especially those with diabetes and/or hypertension. Unfortunately, the prevalence of Chronic Kidney Disease is growing in the older population. Join us for this informational presentation.

### Chronic Disease Self-Management Program

*"Living Well Rhode Island"*

Tuesdays 12:45 p.m. to 3:15 p.m.

**Beginning March 26<sup>th</sup> Ending April 30<sup>th</sup>**

**Nurse Marylou Pearson & Nick Costa**

A **FREE** six session program for people with one or more chronic conditions such as asthma, diabetes, pain, arthritis, heart disease etc. Topics will include dealing with frustration, pain & fatigue; exercise; medications; nutrition; evaluating new treatments and how best to communicate with health professionals. Upon successfully completing the class you will receive a workbook, a relaxation CD and a gift certificate. **Space is limited.** Call now 780-6000.

### Understanding Rheumatoid Arthritis

*"Signs, Symptoms & Causes"*

Wednesday, March 27<sup>th</sup> – 10:00 a.m.

**Guest Speaker: Dr. Edward Rear don, Rheumatologist**

Rheumatoid arthritis is a chronic disease, but it is important that we keep in mind that its symptoms can be managed.

Come learn the signs, the causes of this disease and what we can do to manage it.

## April Health Check

### Diabetes Support Group     *"Urinary Tract Infections"*

Wednesday, April 3<sup>rd</sup> – 10:00 a.m.

**Pharmacist Mario Casinelli & URI Pharm D Students**

Urinary Tract Infection (UTI's) can occur in people of all ages but are very common in people with diabetes. Learn about the causes, signs, symptoms and why and how to best prevent and treat them.

### What is Osteopenia?     **URI SNAP-Ed Program**

*"How is it Different from Osteoporosis?"*

Wednesday, April 10<sup>th</sup> – 10:00 a.m.

Osteopenia is the mid-point between healthy bones and having osteoporosis. What can we do to keep our bones strong and dense and not lead into osteoporosis? Join us to learn the difference between both conditions and how we can maintain healthy bones.

### Sun & Your Medications

Wednesday, April 17<sup>th</sup> – 10:00 a.m.

**URI Pharmacy Outreach Program Pharm D Students**

Did you know that many common medications can cause sun sensitivity making your skin vulnerable to the sun's harmful rays. Learn which meds to be concerned with and how to protect your skin.

### Dizziness & Vertigo

Wednesday, April 24<sup>th</sup> – 10:00 a.m.

**Facilitator: Pappas Physical & Hand Therapy**

Do you sometimes feel light headed, dizzy, groggy, room spinning, unsteady walking? You are not alone. Dizziness is the number one complaint to primary care doctors by patients over 55. At this presentation we will discuss types of dizziness, causes, treatments and how physical therapy can help.

*Here's something to remember. . . . .*

- Eat More Green
- Get Good Sleep
- Move Your Feet

*What's good for your heart is good for your brain.*



## Health Check Continued

### A Matter of Balance

*"Take a Stand to Prevent Falls"*

**Wednesdays & Fridays – 9:00 a.m. to 11:30 a.m.  
Beginning March 6th Ending March 29th**

A nationally evidenced based program recognized program that reduces the fear of falling and increases the levels of activity. Many people think falls are a normal part of aging. The truth is, **they're not!** Most falls can be prevented and **YOU** have the power to reduce that risk. Sign up now for this four week program. It is important to understand the ways you can protect yourself from falls and what to do in case you do fall. Upon successfully completing this **FREE** program each participant will receive a gift certificate. **Call now space is limited 780-6000.**

### A Walking Club.....

### Arthritis Foundation "Walk With Ease" Program

*"Take Control One Step at a Time"*

**Orientation for new participants:**

**Tuesday, April 23<sup>rd</sup> – 10:00 a.m.**

**Walking begins Monday, April 29<sup>th</sup> thru June 7<sup>th</sup>  
Mondays, Wednesdays & Fridays – 9:00 a.m. to 10:00 a.m.**

Three mornings a week we will walk the Cranston High School West Walking Track. We will begin with stretching exercises, then you walk at your own pace. There is no competition other than with yourself. New participants come to our orientation on Tuesday, April 23<sup>rd</sup> at 10:00 a.m. For those who have participated before we will **see you at the track**. Bring a friend or two... Be sure to call and register 780-6000.

### Health Services at the Center

#### Mary McKenna, R.Ph., CVS Pharmacist

Mondays, Tuesdays & Thursdays, 9:00—1:00  
780-6210 mmckenna@cranstonri.org

#### Mario Casinelli, R.Ph. (RSVP Volunteer)

Wednesdays, 8:30—1:00  
780-6210 mcasinelli@cranstonri.org

#### Marylou Pearson, RN

Tuesdays, Wednesdays & Thursdays 8:30—3:00  
780-6207 mpearson@cranstonri.org



### March is National Nutrition Month

**Nutrition** is important for bone health!

- Proper nutrition & weight-bearing exercises are important & help to ensure that bones stay strong.
- Bones are constantly under construction, cells require calcium & nutrients from food to build new bone.
- Weight bearing exercises help stimulate bone growth.
- Women over the age of 50 & men over the age of 70 require at least 1200 milligrams of calcium a day.

Be sure to consult your doctor about your nutritional needs & consult your local physical therapist about starting a new exercise program. **And be sure to check out the many exercise programs offered here at our Enrichment Center!**

### April is National Occupation Therapy Month!

Occupation Therapists are healthcare providers that help you to function more independently in your home and with your activities of daily living ensuring that you stay safe and independent! Here are some tips from the American Occupational Therapy Association on remaining in your home as you age.

Make changes to make your home more safe

- Remove throw rugs
- Decrease clutter
- Repair furniture that isn't sturdy
- Ensure clear walking paths

~~~~~

*Youth is a gift of nature,  
But age is a  
work of art.*

~~~~~

### Membership Rewards

Names will be drawn on the last Friday of each month from *"My Senior Center.com"*

Members must be sure to scan in for each of the programs they attend. Reward is a \$25.00 gift certificate to Stop & Shop. Only members who have attended programs and have scanned in are eligible.

## Adult Day Services 780-6243

*Rosemarie Coren, Director*

Hello Friends and Families:

A big congratulations to our Super Bowl Champions and the best team in NFL History, the "New England Patriots". As you know "The Teamwork Makes The Dreamwork". So True!!

Our Adult Day Service team is off to a good start this year. We would like to welcome C N A Florence Burdick to our day service family. Florence brings lots of experience and she already has a huge fan club. We would also like to welcome two new members to our Advisory Board. Lorna Lavimodier and Jan Silvestri. WELCOME!

March 17<sup>th</sup> is St. Patrick's Day followed by St. Joseph's Day and Spring begins March 20<sup>th</sup>. April not only brings April Showers but Easter Sunday. So much to celebrate.

The URI Nursing Students will be returning with new ideas and lots of enthusiasm and vitality. We look forward to all the new beginnings Spring has to offer. Keep your Kleenex close by as the cold and flu season is still with us, and if April is true to form, you'll need your umbrella too!

Regards,

*Rosemarie Coren RN*

*Adult Day Service Director*



*Need a card, small gift or just a snack?  
Drop by our gift shop and spend  
a few minutes browsing.*

## Nutrition 780-6134

*Raymond Sinapi, Director*



*Reservations are required so make sure you  
call 780-6134 by April 29th*

### May Breakfast

100% Orange Juice  
Baked Virginia Ham  
Scrambled Eggs w/Tomato Slice  
Crispy Cube Potatoes  
Fresh Fruit Cup

## Transvan 943-3341

*Jane Luker, Coordinator*



### TRIPS

#### March 2019

##### Homestead Restaurant, Exeter/Walmart

Wednesday, March 20, 2019

Transportation Charge: \$8.00

Leaves center at 10:00 a.m./Returns to center by 2:00 p.m.

#### April 2019

##### T's Restaurant, Point Judith Road, Narragansett/

Marshall's

Tuesday, April 9, 2019

Transportation Charge: \$8.00

Leaves center at 10:00 a.m./Returns to center by 2:00 p.m.

##### Newport Playhouse "Clothes Encounters"

Wednesday, April 17, 2019

\$60.00 (includes transportation, buffet, play and cabaret)

Leaves center at 10:00 a.m./Returns to center at approx.

5:00 p.m.

Enjoy a great buffet, a funny play & a fun-filled cabaret.

##### Ocean State Job Lot/

##### Bon Asian Bistro & Hibachi Grill, Johnston, RI

Tuesday, April 30, 2019

Transportation Charge: \$8.00

Leaves center: 9:30 a.m./Returns to center: 2:00 p.m.

**Please note: All Trip Participants Must Be Members  
of Cranston Senior Enrichment Center**

**Reservations and payments in the Transvan Office.  
Questions call 780-6220.**



**National Service  
Recognition Day -  
April 2, 2019**

National Service Recognition Day is an opportunity to celebrate the impact of volunteer service and the power of volunteers to come together to tackle tough challenges, and build stronger, more resilient communities. Each year, Mayor Fung, the Cranston Department of Senior Services and Cranston RSVP recognize and thank our volunteers who inspire us to serve. These volunteers lend their time, talent and voice to make a difference in our community.

This year, we will be having our Annual RSVP Recognition Luncheon at the Rosario Club on April 2<sup>nd</sup>. Your invitation, which will serve as your admission ticket, will be mailed to you within the next few weeks. Please check the RSVP Board located across from the RSVP Office for event details.

**Volunteer Events**

RSVP Financial Literacy Volunteers will be available on the following dates to assist you in completing your **RI Property Tax Relief Claim (Form RI 1040-H)**:

- March 7<sup>th</sup> at 1:00 p.m. in the Theater Room
- April 8<sup>th</sup> at 10:00 a.m. in the Theater Room

Registration is not required although you can sign up at the Front Desk by calling 401-780-6000.

**RSVP Volunteer Appreciation – Pizza & Movie:**

- March 21<sup>st</sup> (Theater Room, 12:30 p.m.)  
Movie: *Mama Mia, here we go again!*
- April 24<sup>th</sup> (Theater Room, 12:30 p.m.)  
Movie: *Must Love Dogs*

Registration is required by March 18<sup>th</sup> and April 22<sup>nd</sup>, respectively. Any registered volunteer who would like to attend these events would need to sign up with Karen in the RSVP Office or by calling 780-6159.



**From the Desk of RSVP's Green Seniors:**

Still holding on to cards from last year? St. Jude's Ranch for Children turns unwanted greeting cards into new cards. Recycled cards are sold to support their mission to transform the lives of abused and at-risk children, young adults and families. Feel free to drop off any of your unwanted cards to the RSVP Office during the months of March and April. RSVP's Green Seniors will make sure your recycled cards get to St. Jude's Ranch for Children.

**WANTED!**  
**LOOKING FOR**  
**VOLUNTEERS**

- A Matter Of Balance Coach
- Arthritis Exercise Facilitator
- Walk With Ease Facilitator
- Front Desk (Thursdays, 1:00pm-4:30pm)
- Gift Shop (Monday-Friday, afternoons)
- Caregiver-Providing companionship
- Caregiver-Assisting with errands/transportation

**ATTENTION: Community Providers/Partners.....**

Please know that our United Parcel Seniors (UPS) are available to:

- stuff envelopes
- file
- work on small projects such as putting together portfolios and favors
- complete any mail job you may have throughout the year

No job is too big or too small for our UPS. Please, contact Karen Porto @780-6159 for additional information.

RSVP is in need of the following materials for a special project:

- \* buttons
- \* yam
- \* sewing needles
- \* zippers
- \* fabric (any type)
- \* thread

Please contact Karen at 780-6159 to make arrangements to drop off or schedule a pickup of your donation. Your donation will be greatly appreciated!